



(All items in **Bold Print** require a choice.)

Breakfast

Entrées (*choice of 1*)

- Pancakes^(2/order): Blueberry^(34g) Buttermilk^(33g)
- Cinnamon French Toast^(23g): Wheat White

Build Your Own Omelet

- Egg: Regular Low Cholesterol^(2g)
 - Egg Whites
- Cheese: Cheddar Swiss Pepper Jack^(1g)
- Vegetables: Spinach^(1g) Onions^(2g) Tomatoes^(1g) Mushrooms^(1g) Green Peppers^(1g)

Sides (*choice of 3*)

- Scrambled Eggs**^(1g): Regular
 - Low Cholesterol^(2g) Egg Whites
- Boiled Egg^(1g)
- Breakfast Potatoes^(19g)
- Meats (*choice of 1*):
 - Turkey Bacon – 1 slice^(0g)
 - Turkey Sausage link^(2g)

Bakery

- Muffin: Blueberry^(28g) Orange Cranberry^(32g)
 - English Muffin^(28g)
- Bagel: Wheat^(45g) Plain^(52g)
 - Cinnamon Raisin^(54g)
- Toast: Wheat^(14g) Multigrain^(14g)
 - White^(16g) Gluten Free^(13g)

Hot and Cold Cereals

- Cream of Wheat®^(22g)
- Oatmeal^(12g)
- Grits^(21g)
- Cheerios®^(14g)
- Corn Flakes®^(18g)
- Special K®^(13g)
- Raisin Bran®^(27g)
- Rice Krispies®^(16g)

Beverages

- Water
- Juice: Orange^(21g) Apple^(21g) Cranberry^(21g)
 - Prune^(22g)
- Milk: 1%^(13g) Chocolate^(20g) Soy Vanilla^(12g)
 - Chocolate Soy^(25g)
- Coffee: Regular Decaf
- Tea: Hot Regular or Decaf Hot Herbal
 - Hot Green Decaf Chai Decaf Iced
- Sugar Free Hot Chocolate^(10g)
- Sodas: Diet Gingerale Diet Lemon-Lime
 - Diet Cola Diet Caffeine Free Cola
- Sugar Free Nutritional Shake: Vanilla^(19g)
 - Chocolate^(19g)
- Crystal Light: Lemon ♦ Raspberry Ice

Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Raisins^(7g)
- Lemon
- Creamer^(1g)
- Sweetener: Equal® Sucralose^(0g)
 - Equal® Saccharin^(1g)
- Low Fat Mayonnaise^(1g)
- Ketchup^(2g)
- Mustard
- Salsa^(2g)
- Butter (*limit 2*)
- Sour Cream (*low fat*)^(1g)
- Cream Cheese (*low fat*)^(2g)
- Peanut Butter^(3g)
- Diet Jelly^(3g)
- Crackers: Wheat^(5g) Unsalted^(5g)
 - Graham^(16g)

Items with a ♦ are not available at our Stafford location.



Lunch and Dinner (choice of 1)

Entrée Salad:

- Chicken Caesar^(13g)
- Greek^(7g) Chef^(7g)

Dressing

- Oil & vinegar^(0g)
- Raspberry Vinaigrette^(5g)
- Italian^(3g)

Entrées – Chef Selections

- Roast Turkey Breast w/ Gravy^(6g)
- Baked Fish
- Spiced Salmon^(4g)
- Asian Stir-Fry Vegetables^(41g): Chicken Tofu
- Seasoned Grilled Chicken^(0g)
- Meatloaf w/ Gravy^(14g)
- Savory Turkey Chili^(13g)

Grill

- Bread/Bun:** Wheat^(26g) White^(25g)
- Hot Sandwiches and Burgers:**
 - Grilled Chicken Breast
 - Burgers:** Beef^(0g) Turkey^(27g)
 - Cheese:** Swiss^(1g) Cheddar^(0g)
 - Pepper Jack^(1g)
 - Toppings:** Lettuce^(0g) Tomato^(0g)
 - Red onion^(1g)
- Grilled Cheese Sandwich**^(28g-32g)

Deli Sandwiches

- Bread**^(2slices): White^(32g) Wheat^(28g)
 - Multigrain^(28g) Gluten Free^(26g)
- Meat:** Turkey^(1g) ♦Roast Beef^(0g)
- Salad:** Tuna^(3g) Chicken^(2g) Egg^(4g)
 - Peanut Butter & Sugar Free Jelly^(6g)
- Cheese:** Swiss^(1g) Cheddar^(0g)
 - Pepper Jack^(1g)
- Toppings:** Lettuce^(0g) Tomato^(0g) Red onion^(1g)

Side Dishes (choice of 3)

- Pasta:** Plain^(22g) Wheat^(22g) Gluten Free^(44g)
- Sauce:** Meat^(9g) Marinara^(4g) Alfredo^(4g)
- Vegetable:** ♦Braised Cabbage^(9g) Spinach^(1g)
 - Broccoli^(6g) Green Beans^(5g) Carrots^(10g)
 - ♦Mexican Corn^(19g)
- Potatoes:** Roasted Red Potato Wedges^(23g)
 - Homemade Mashed Potatoes w/ Skin^(18g)
 - Baked Potato Chips^(26g)
- Rice:** White^(23g) ♦Brown
- Other Starch:** Macaroni & Cheese^(18g)
 - Dinner Roll^(26g) Cornbread^(30g)
- Side Salad:** Garden^(3g) Caesar^(5g)
 - Carrots & Celery Sticks^(3g)

Soups and Broths

- Soup:** Chicken Noodle^(16g)
 - Garden Vegetable^(10g)
- Broth:** Chicken^(2g) Vegetable^(2g) Beef^(2g)

Fruit and Yogurt

- Yogurt:** Vanilla^(23g) Strawberry^(17g)
 - Greek Plain^(6g) Fruit Parfait^(24g)
- Fresh Fruit:** Banana^(27g) Orange^(15g)
 - Grapes^(14g) Fresh Fruit Cup^(8g)
 - Strawberries^(9g) (*when in season*)
 - Cantaloupe^(7g) Apple^(18g)
- Soft Fruit:** Peaches^(9g) Pears^(17g)
 - Pineapples^(20g) Applesauce^(13g)

Desserts (choice of 1)

- Strawberry shortcake^(36g)
- Apple Crisp^(21g)
- Angel Food Cake^(28g)
- Chocolate Cupcake^(30g)
- Popsicle®**^(10g): Cherry Orange Grape
- Sugar Free Popsicle^(11g)
- Italian ice**^(37g): Lemon Orange
- Orange Sherbet**^(23g)
- Cookie**^(17g): Chocolate Chip Oatmeal Raisin
- Sugar Free Pudding:** Vanilla^(17g)
 - Chocolate^(16g)
- Sugar Free Berry Gelatin^(1g)