

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

Breakfast

Entrées – (Your choice of 1 selection below)

- Pancakes (one or two pancakes):**
 - Buttermilk^(17g, 34g) Blueberry^(18g, 36g)
- Cinnamon French Toast (one or two slices)^(11g, 22g)
- Build your own** **Omelet^(2g)** or **Breakfast Wrap^(48g)**
 - Cheddar^(0g) Swiss Cheese^(0g) Pepper Jack^(0g)
 - Spinach^(0g) Onions^(1g) Tomatoes^(0g)
 - Mushrooms^(0g) Green Peppers^(0g)
 - Turkey Sausage^(0g) Bacon^(0g)

Sides (Your choice of 3 selections below)

- Scrambled eggs:** Regular^(1g) Egg Whites^(1g)
 - Low Cholesterol^(2g)
- Boiled Egg^(0g)
- Seasoned Breakfast Potatoes^(19g)
- Breakfast Meat (Limit 2):**
 - Pork Bacon^(0g) **or** Turkey Bacon^(0g) **or**
 - Turkey Sausage^(2g)
- Hot Cereals and Cold Cereals:**
 - Cream of Wheat®^(21g) Oatmeal^(19g) Grits^(21g)
 - Cheerios®^(14g) Corn Flakes®^(15g)
 - Honey Nut Cheerios®^(23g) Raisin Bran®^(28g)
 - Rice Krispies®^(16g)
 - Cinnamon Toast Crunch®^(22g)
- Toast:** White^(15g) Wheat^(13g) Multigrain^(19g)
 - Rye^(20g) Gluten Free^(19g)
- Biscuit^(25g)
- Bagel (1/2):** Plain^(32g) Cinnamon Raisin^(23g)
- Muffin:** Blueberry^(28g) Orange Cranberry^(32g)
 - English Muffin^(25g)
- Fresh Fruits:** Banana (1/2)^(13g) Orange^(15g)
 - Grapes^(14g) Pineapples^(11g) Apple^(18g)
- Seasonal Fresh Fruit:** Fresh Fruit Cup^(9g)
- Soft Fruits:** Peaches^(14g) Pears^(17g)
 - Applesauce^(13g)
- Yogurt:** Vanilla^(16g) Strawberry^(21g)
 - Granola Fruit Parfait^(23g)

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

***Some items may not be allowed if other
restrictions are in place.**

Beverages

- Water
- Juice:** Orange^(20g) Apple^(19g) Cranberry^(23g)
 - Prune^(20g)
- Milk:** 1%^(12g) 2%^(12g) Whole^(12g)
 - Chocolate^(31g) Almond^(6g) Soy Vanilla^(18g)
- Coffee:** Regular^(0g) Decaf^(1g)
- Tea:** Hot regular^(0g) Hot Decaf^(0g)
 - Hot Herbal^(0g) Hot Green^(0g) Iced Decaf^(0g)
- Chocolate:** Sugar Free Hot Chocolate^(10g)
- Sodas:** Diet Ginger Ale^(0g)
 - Diet Lemon-Lime^(0g) Diet Cola^(0g)
- High Protein Nutritional Shake:** Vanilla^(35g)
 - Chocolate^(35g) Sugar Free Vanilla^(19g)
 - Sugar Free Chocolate^(19g)
- Crystal Light:** Lemon^(0g) Raspberry Ice^(0g)

Condiments

- Salt^(0g) Pepper^(0g) Herb Seasoning^(1g)
- Cinnamon^(2g)
- Raisins^(7g)
- Lemon^(1g)
- Creamer^(1g)
- Sweetener:**
 - Equal®^(1g) Splenda®^(1g) Sweet & Low®^(1g)
- Sugar Free Syrup^(4g)
- Ketchup^(2g)
- Hot Sauce^(0g)
- Sweet Pickle Relish^(3g)
- Soy Sauce^(1g)
- Mayonnaise (Low-Fat)^(1g) Mustard^(0g)
- Honey Mustard Sauce^(9g) Barbecue Sauce^(10g)
- Butter (Limit 2)**^(0g)
- Sour Cream (*Low Fat*)^(1g) Salsa^(2g)
- Cream Cheese (*Low Fat*)^(2g)
- Peanut Butter^(4g)
- Sugar Free Grape Jelly^(3g)
- Crackers:** Graham^(17g) Saltines^(4g)

Consistent Carbohydrate Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. Each meal should contain the same amount of carbohydrates.

Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas, and sweets/desserts.

The (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

Lunch and Dinner

Entrées – (Your choice of 1 selection below)

Grill / Entrée Salads

- Protein:** Hamburger^(0g) Grilled Chicken Breast^(0g)
 - Turkey Burger^(4g) Portabella Mushroom^(4g)
- Bread:** White Bun^(39g) Wheat Bun^(34g)
- Cheese:** Swiss^(1g) Cheddar^(1g)
 - Pepper Jack^(1g)
- Toppings:** Lettuce^(0g) Tomato^(0g)
 - Red Onion^(1g) Pickles^(0g) Spinach^(0g)
 - Pork Bacon^(0g) Turkey Bacon^(0g)
- Chicken Tenders^(16g)
- Entrée Salad:** Chef^(4g) Chicken Caesar^(15g)
- Grilled cheese:** White^(31g) Wheat^(27g) Rye^(42g)
 - Multigrain^(39g) Gluten Free^(40g)

Chef Selections

- Roast Turkey Breast^(4g):**
 - Brown Gravy^(2g) Turkey Gravy^(3g)
- Asian Stir-Fry Vegetables with White^(29g) or ♦Brown Rice^(39g)**
 - Chicken^(0g) Tofu^(1g) Fish^(0g)
- Chicken Parmesan^(0g):**
 - Marinara^(5g) Alfredo^(4g)
- Baked Fish^(1g)
- Meatloaf^(9g):** Brown Gravy^(2g) Turkey Gravy^(3g)
- Savory Turkey Chili^(16g)
- Hummus and Roasted Vegetable Wrap^(69g)
- Seasoned Grilled Chicken^(0g)

Build your own Sandwich

(Hot or Cold)

- Bread (2 slices):** White^(30g) Wheat^(26g)
 - Multigrain^(38g) Rye^(41g) Gluten Free^(39g)
- Meat:** Turkey^(1g) ♦Roast beef^(0g) Ham^(0g)
 - Corned Beef^(2g)
- Cheese:** Swiss^(1g) Cheddar^(1g)
 - Pepper Jack^(1g)
- Toppings:** Lettuce^(0g) Tomato^(0g)
 - Red onion^(1g)

(Cold only)

- Salad:** Tuna^(2g) Chicken^(2g) Egg^(2g)
- Peanut butter & Sugar Free Jelly:** White^(37g)
 - Wheat^(33g) Rye^(47g) Multigrain^(45g) Gluten Free^(46g)

Sides (Your choice of 3 selections below)

- Side Salad:** Garden^(4g) Caesar^(4g)
- Dressing:** Ranch^(3g) Italian^(3g) Balsamic^(5g)
 - Raspberry Vinaigrette^(9g) Caesar^(3g)
 - Oil and Vinegar^(0g)

Hot Sides

- Vegetable:** Corn^(18g) Green Peas^(14g)
 - Broccoli^(6g) Fresh Green Beans^(5g)
 - Carrots^(7g) Spinach^(4g)
- Starches:** Seasoned Red Potatoes^(17g)
 - Homemade Mashed Potatoes^(18g)
 - French Fries^(18g) White Rice^(23g)
 - ♦Brown Rice^(33g) Macaroni & Cheese^(22g)
 - Corn Tortillas^(20g) Corn Bread^(24g)
 - Dinner Roll^(15g)
- Pasta:** Plain^(16g) Gluten free^(16g)
- Sauces:** Meat^(3g) Marinara^(5g) Alfredo^(4g)
- Other Sides:** Cottage Cheese^(3g)
 - Fresh Carrots and Celery Sticks^(7g)
 - Hummus and Pita Chips^(34g)
 - ♦String cheese^(1g)

Soups and Broths

- Soup:** Chicken Noodle^(10g) Tomato^(17g)
 - Lentil and Black Bean^(22g)
 - Cream of Chicken^(10g)
- Broth:** Chicken^(1g) Vegetable^(1g) Beef^(1g)

Desserts

(Your choice of 1 selection below)

- Apple Crisp^(20g)
- Angel Food Cake^(28g)
- Brownie^(42g)
- Cinnamon Apples with Whipped Topping^(16g)
- Sugar Free Popsicle^(3g)
- Cookie:** Chocolate Chip^(17g) ♦Sugar^(18g)
- Sugar Free Berry Gelatin^(1g)
- Sugar Free Vanilla Ice Cream^(20g)
- Sugar Free Chocolate Ice Cream^(18g)

Carbohydrate amount in products may change due to product availability

