







FRUIT, GRANOLA & **YOGURT PARFAIT**



(31g)

ASSORTED YOGURTS



Strawberry (25g)



Raspberry (27g)



French Vanilla (27g)



Light Vanilla (18g)

HOT CEREAL



Apple Cinnamon Cream of Wheat (27g)



Oatmeal (19g) with Brown Sugar (13g) & Raisins (7g)

COLD CEREAL



Raisin Bran (28g)



Whole Grain Cheerios (23g)



Honey Nut Cheerios (18g)



Cornflakes (16g)



Cinnamon Toast Crunch (22g)



Rice Chex (17g)



Total (16g)



BAKERY & BREADS



English Muffin (25g)



Biscuit (24g)



Bagel (37g)



Cinnamon Roll (17g)



Blueberry Muffin (31g)

BREAKFAST ENTREES



Pancakes Plain (33g)



French Toast with Cinnamon (21g)



Biscuit with Gravy (26g)



Blueberry Pancakes (35g)

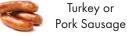


Breakfast Potatoes (22g)



Scrambled Eggs (17g)







Turkey or Pork Bacon



BUILD YOUR OWN OMELET







Bacon

Turkey Bacon

Salsa (2g)



Mushrooms



Green Peppers Onions



American (1g)



(1g)

Cheddar (1g)



(1g)

Swiss (1g)



ENTREES



Grilled Hamburger (24g)



Grilled Cheeseburger (25g)



Garden Burger (39g)



Hot Dog with Bun (22g)



Grilled Cheese Sandwich (22g)



Crispy Chicken Tenders (12g)



Cheese Quesadilla (37g)



Grilled Chicken Sandwich (26g)

BUILD YOUR OWN TACO



Turkey Taco Meat (1g)



Soft Tortilla Shell (15g)



Hard Taco Shell (7g)



Lettuce



Cheddar



Tomato (1g)

SOUPS



Chicken Noodle Soup (7g)



Tomato Soup (13g)



Chicken & Rice Soup (8g)



Vegetable Soup (6g)







Turkey Breast



Roast Beef



Sliced Ham (1g)



American (1g)



Provolone

DELI CHEESE



Swiss



Cheddar (1g)

FILLINGS



Peanut Butter (4g) Regular Jelly (10g) Sugar Free Jam (3g)



Tuna Salad (2g)



Egg Salad (5g)



Chicken Salad (2g)

BREADS



White (28g)



Sandwich Thin (21g)



Udi's Gluten Free Bread (38g)



ADD ONS

Lettuce



Pickle Slices



Tomato

Flour Tortilla (35g)



ENTREES







Chicken Pot Pie (18g)



Lasagna with Marinara Sauce (58g)



Meatloaf (3g)



Roast Turkey Breast (4g)



Fish Sticks (33g)



Beef Pot Roast (1g)

BUILD YOUR OWN PIZZA



5" Pizza Crust (38g)

5" Cauliflower Crust (78g)



Pepperoni

Mushrooms



Tomato (1g)



Onions



Green Peppers (1g)



Marinara (10g)

BUILD YOUR OWN PASTA



Penne Pasta (41g)



Turkey Meat Sauce (6g)



Alfredo Sauce (5g)



SALADS



Chef Salad (4g)



Caesar Salad with Chicken (11g)



Fruit Plate with Cottage Cheese (36g)

FRUITS



Fresh Fruit Cup (13g)



Grapes (14g)



Pears (17g)



Apple (18g)



Orange (15g)



Pineapple (11g)



Mandarin Oranges (20g)



Peaches (14g)



Fruit Cocktail (14g)



Banana (27g)



SIDES



Mashed Potatoes (18g)



Roasted Potatoes (18g)



White Rice (23g)



Brown Rice (24g)



Tater Tots (19g)



Macaroni & Cheese (14g)



Steamed Broccoli (4g)



Seasoned Green Beans (6g)



Cooked Carrots (8g)



Sautéed Zucchini (2g)



Black Beans (13g)



Whole Kernel Corn (18g)



Cottage Cheese (3g)



Dinner Roll (15g)



Side Salad (4g)





Brownie (31g)



Banana Pudding Parfait (18g)



Strawberry Shortcake Parfait (28g)



Applesauce with Cinnamon (13g)



Regular (18g) Sugar Free (1g)





Chocolate (23g) Sugar Free (18g)



Vanilla (27g) Sugar Free (17g)

ICE CREAM

FROZEN TREATS



Vanilla (16g) Sugar Free (14g)



Chocolate (19g) Sugar Free (18g)



Strawberry (19g) Sugar Free (20g)



Sherbet Orange (26g)



Italian Ice (37g)



Popsicle (9g) Sugar Free (3g)

COOKIES



Sugar (21g)



Chocolate Chip (23g)



Vanilla Wafers (14g)



BEVERAGES



Tea Iced | Hot | Decaf | Regular Sugar Free Lemonade



Vanilla Milkshake (34g)



Milk Whole (12g) I Skim (12g) I 2% (12g)



Hot Chocolate Regular (12g) Sugar Free



Chocolate Milkshake (30g)



Chocolate Milk (30g)



Juice Apple (13g) | Cranberry (15g) | Grape (17g) Orange (13g) I Prune (20g)

CLEAR LIQUIDS



Hot Beverages Fresh Brewed Tea Decaffeinated Tea



Cold Beverages Iced Tea



Juice Apple (13g) I Cranberry (15g) | Grape (17g)



Broths Beef (1g) I Chicken (1g) Vegetable (4g)



Sherbet Orange (27g)



Italian Ice (37g)



Gelatin Regular (18g) | Sugar Free (1g)



SNACKS



Saltine Crackers (4g)



Cheddar Cheese with Peanut Crackers (23g)



Baked Potato Chips (24g)



Apple Slices with Peanut Butter (23g)



Pretzels (23g)



Hummus (2g)



Carrot & Celery Sticks with Peanut Butter (8g)



Graham Crackers (11g)



String Cheese



Cool Ranch Doritos (31g)



Oreo Cookies (19g)

ASSORTED YOGURTS



Strawberry (25g)



Raspberry (27g)



French Vanilla (32g)



Light Vanilla (18g)



MWOG: MADE WITH OUT GLUTEN



French Toast (MWOG) (30g)



Bagel (MWOG) (43g)



Hamburger Bun (MWOG) (39g)



Bread (MWOG) 1 slice (19g)



Rotini Pasta (MWOG) (31g)



Cauliflower Crust (MWOG) (78g)



Udi's Gluten Free Bread (39g)