

Consistent Carbohydrate Diet

() indicates Grams | *This item contains less than 5 grams of CHO

Breakfast served all day

See page 2 for condiments

HOT & COLD CEREALS

- Oatmeal (27)
- Grits (28)
- Cheerios (14)
- Raisin Bran (26)
- Cinnamon Toast Crunch (22)
- Honey Nut Cheerios (23)
- Rice Chex (24)

SIDES

- Low Fat Cottage Cheese (6)
- Hard Cooked Egg*
- Hash Brown Patty (12)
- Home Fries (21)
- Bacon* • Turkey Bacon*
- Turkey Sausage Patty*

BUILD YOUR OWN OMELET

Eggs: Egg Whites* • Eggs*

Protein: Cheddar* • Swiss* • American* • Provolone*
Diced Ham* • Diced Turkey Sausage*
Diced Bacon* • Turkey Bacon*

Toppings: Sautéed Mushrooms* • Sautéed Onions*
Green Peppers* • Diced Tomatoes* • Salsa (21)

SWEETS

- Fresh Banana (27)
- Fresh Orange (12)
- Fresh Apple (17)
- Fresh Fruit Cup (9)
- Fresh Berries (7) • Cantaloupe (6)
- Fresh Pineapple (9)
- Low Fat Strawberry Yogurt (21)
- Low Fat Vanilla Yogurt (19)

BEVERAGES

- Skim Milk (11) • 2% Milk (11)
- Whole Milk (11)
- FF Chocolate Milk (25)
- Diet Hot Chocolate (10)
- Unsweetened Iced Tea*

BREAKFAST ENTRÉES

- Scrambled Eggs*
- Baked French Toast Sticks (47)
- Waffle -1 (11)
- Pancake -1 (21)
- Blueberry Whole Wheat Pancakes -1 (16)
- Chocolate Chip Pancake -1 (28)
- Greek Yogurt Fruit Plate (59)

BREAD BASKET

- Blueberry Muffin (30)
- English Muffin (23) • Bagel (33)
- Cinnamon Raisin Bagel (37)
- Flour Tortilla (16)
- White Bread (13)
- Whole Wheat Bread (12)

CONDIMENTS

- Margarine* • Butter*
- Light Cream Cheese (2)
- Cream Cheese* • Diet Jelly (6)
- Peanut Butter (6)
- Lemon Juice*
- Equal® Sucralose (0.5)
- Salt* • Pepper (1.4)
- Herb Seasoning (2)
- Ketchup (1.4) • Diet Syrup (4)
- Salsa (2)

STARTERS

Tossed Garden Salad with Cucumbers and Tomato (2)
Caesar Side Salad (14) • Celery and Carrots with Ranch (6)

ENTRÉES

Chicken Parmesan (16) Beef Burrito with Salsa (52)
Meatball Sub (33)
Baked Fish Sticks with Tartar (18) Cheese Quesadilla w Salsa (16)
Roast Turkey*
Rigatoni with Meatballs (38) Grilled Chicken Sandwich on
Chicken Tenders -3 (15) Whole Wheat (24)
Cheeseburger Slider (19) Chicken Caesar Salad (26)
Buffalo Chicken Wrap (44)

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----

Whole Wheat Bread -2 (24) • White Bread -2 (28)
Whole Wheat Flour Tortilla (47)
Flour Tortilla (36) • Hoagie Roll (28) • Slider Roll (19)

---- Choose Your Protein ----

Sliced Ham* • Sliced Roasted Turkey* • Sliced Roast Beef*
Sliced Chicken Breast* • Bacon* • Peanut Butter (5)
Chicken Salad* • Tuna Salad*

---- Choose Your Cheese ----

American* • Cheddar* • Provolone* • Swiss*

---- Choose Your Toppings and Condiments ----

Pickle Slice* • Tomato Slice* • Lettuce Leaf*
Sliced Red Onion* • Diet Jelly(6) • Ketchup(4) • Lite Mayo(2) • Mustard(0.3)
Salsa (2) • Buffalo Sauce* • Ranch Dipping Sauce (3) • Honey Mustard (12)

BUILD YOUR OWN GRILL

---- Choose Your Bread ----

Whole Wheat Bread -2 (24) • White Bread -2 (28) • Hamburger Roll (28)
Whole Wheat Hamburger Roll (24) • Slider Roll (19)
Whole Wheat Flour Tortilla (47) • Flour Tortilla (36)

---- Choose Your Protein ----

Beef Patty* • Turkey Patty* • Gardenburger (21)
Grilled Chicken Breast* • Breaded Chicken Breast (15)
Sliced Roasted Turkey* • Bacon* • Sliced Ham*

---- Choose Your Cheese ----

American* • Cheddar* • Provolone* • Swiss*

---- Choose Your Toppings and Condiments ----

Sautéed Onions* • Pickle Slice* • Tomato Slice* • Lettuce Leaf*
Sliced Red Onion* • Diet Jelly(6) • Ketchup (4) • Lite Mayo (2) • Mustard (0.3)
Salsa (2) • BBQ Sauce (11) • Buffalo Sauce* • Ranch Dipping Sauce (3)
Honey Mustard (12)

SOUPS

Chicken Noodle (13) • Tomato Basil (20) • Vegetable (11)

BUILD YOUR OWN PIZZA

Bread: Whole Grain Flatbread (24)

Sauce: Pizza Sauce (5) • Alfredo Sauce (7)

Cheese: Mozzarella Cheese* • Cheddar Cheese*

Toppings: Italian Sausage* • Pepperoni* • Sautéed Mushrooms*
Sautéed Onions* • Sautéed Peppers*

BENTO BOX

Turkey & Cheddar Cheese Bento (33) • Cheddar Cheese Bento (45)

SIDES

Fresh Broccoli (4) • Green Beans (7) • Fresh Carrots (6) • Corn (18)
Mashed Potatoes (21) • Baked French Fries (36) • Pretzels (15)
Sweet Potato Fries (36) • Potato Starz (12) • Baked Potato Chips (20)
Buttered Penne (20) • Kraft Macaroni & Cheese (44)
White Rice (14) Goldfish® Crackers (14)
Mozzarella Cheese Sticks (2) • Mozzarella Cheese with Sauce (33)
Poultry Gravy (7) • Brown Gravy (5) • Marinara Sauce (6)

BREAD BASKET

White Roll (17) • Whole Wheat Bread -1 (12)
White Bread -1 (14) • Garlic Breadstick (28) • Flour Tortilla (36) • Saltines (5)

SWEETS

Mini Chocolate Chip Cookies -2 (18)
Mini Oatmeal Raisin Cookies -2 (18) • Teddy Grahams® (16)
Diet Red Gelatin (1) • Diet Citrus Gelatin (1)
Fruit Ice (19) Chilled Peaches (11) • Applesauce (14)
Chilled Pears (13) Mandarin Oranges (9) • Fresh Fruit Cup (9)
Fresh Banana (27) • Fresh Orange (12) • Fresh Apple (17)
Fresh Berries (7) • Fresh Cantaloupe (6) • Fresh Pineapple (9)

BEVERAGES

Skim Milk (11) • 2% Milk (11) • Whole Milk (11)
FF Chocolate Milk (25) • Unsweetened Iced Tea* •
Diet Hot Chocolate (10)

Consistent Carbohydrate Diet

A consistent carbohydrate diet helps to control your blood sugar levels. Carbohydrate foods include cereals, pastas, breads, milk, fruit, and desserts. These foods are counted at each meal as grams or exchanges. The grams or exchanges for each carbohydrate food can be found in parentheses beside the food.

15 grams = 1 carbohydrate exchange

Items with a "*" beside them contain less than 5 grams of carbohydrates

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

CONDIMENTS

Margarine*	Mustard (0.3)
Butter*	Diet Jelly (6)
Ranch Dipping Sauce (3)	Peanut Butter (6)
Italian Dressing (1.8)	Parmesan Cheese (0.9)
Caesar Dressing (3)	Tartar Sauce (4)
Lemon Juice (0.4)	BBQ Sauce (11)
Equal® Sucralose (0.5)	Lettuce and Tomato*
Salt*	Salsa (2)
Pepper (1.4)	Honey Mustard (12)
Herb Seasoning (2)	Buffalo Sauce*
Ketchup (4)	
Lite Mayo (2)	

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