

Low Fat Diet

A low fat diet provides food choices that lower fat in the blood. Whole grains, healthy fats, fruits, vegetables, and lean proteins are encouraged. Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

Breakfast served all day

See page 2 for condiments.

HOT & COLD CEREALS

- Oatmeal • Grits
- Cheerios • Raisin Bran
- Cinnamon Toast Crunch
- Honey Nut Cheerios
- Rice Chex

SIDES

- Low Fat Cottage Cheese
- Hard Cooked Egg
- Home Fries
- Turkey Bacon

BREAKFAST ENTRÉES

- Scrambled Eggs
- Baked French Toast Sticks
- Waffle
- Pancakes
- Blueberry Whole Wheat Pancakes
- Chocolate Chip Pancakes
- Greek Yogurt Fruit Plate

BUILD YOUR OWN OMELET

Eggs: Egg Whites • Eggs

Protein: Swiss Cheese • Diced Ham • Turkey Bacon

Toppings: Sautéed Mushrooms • Sautéed Onions
Diced Tomatoes • Diced Turkey Sausage
Green Peppers • Salsa

SWEETS

- Fresh Banana
- Fresh Orange
- Fresh Apple
- Fresh Fruit Cup
- Fresh Berries
- Cantaloupe
- Red Grapes
- Fresh Pineapple
- Low Fat Strawberry Yogurt
- Low Fat Vanilla Yogurt

BEVERAGES

- Orange Juice • Apple Juice
- Cranberry Juice • Grape Juice
- Skim Milk
- FF Chocolate Milk
- Iced Tea

BREAD BASKET

- English Muffin
- Bagel
- Cinnamon Raisin Bagel
- Flour Tortilla
- White Bread
- Whole Wheat Bread

CONDIMENTS

- Margarine
- Light Cream Cheese
- Jelly
- Lemon Juice
- Honey • Sugar
- Equal® Sucralose
- Salt • Pepper
- Herb Seasoning
- Brown Sugar
- Raisins
- Ketchup • Syrup
- Salsa

STARTERS

Tossed Garden Salad with Cucumbers and Tomato
Caesar Side Salad • Celery & Carrot Sticks

ENTRÉES

Hot Roast Beef on Whole Wheat with Gravy	Chicken Caesar Salad
Roast Turkey	Chicken Parmesan
Kraft Macaroni & Cheese	Grilled Chicken Sandwich on Whole Wheat
	Chicken Salad Sandwich on Wheat

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----

Whole Wheat Bread • White Bread • Whole Wheat Flour Tortilla
Flour Tortilla • Hoagie Roll

---- Choose Your Protein ----

Sliced Roasted Turkey • Sliced Roast Beef
Sliced Chicken Breast • Chicken Salad • Tuna Salad

---- Choose Your Cheese ----

Swiss Cheese

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

Pickle Slice • Tomato Slice • Lettuce Leaf • Sliced Red Onion
Jelly • Ketchup • Lite Mayo • Mustard • Salsa
Buffalo Sauce • Honey Mustard

BUILD YOUR OWN GRILL

---- Choose Your Bread ----

Whole Wheat Bread • White Bread • Hamburger Roll
Whole Wheat Hamburger Bun
Whole Wheat Flour Tortilla • Flour Tortilla

---- Choose Your Protein ----

Turkey Patty • Gardenburger • Grilled Chicken Breast
Sliced Ham • Sliced Roasted Turkey

---- Choose Your Cheese ----

Swiss Cheese

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

Pickle Slice • Tomato Slice • Lettuce Leaf • Sliced Red Onion
Ketchup • Lite Mayo • Mustard • Salsa • BBQ Sauce
Buffalo Sauce • Honey Mustard

SOUPS

Chicken Noodle • Tomato Basil • Vegetable

SIDES

- | | |
|--------------------------|----------------------------|
| • Fresh Broccoli | • Mozzarella Cheese Sticks |
| • Green Beans | • Baked Potato Chips |
| • Fresh Carrots | • Pretzels |
| • Corn | • Goldfish® Crackers |
| • Mashed Potatoes | • Poultry Gravy |
| • Whipped Sweet Potatoes | • Brown Gravy |
| • Buttered Penne | • Marinara Sauce |
| • White Rice | |

BENTO BOX

Yogurt & Fruit Bento

BREAD BASKET

White Roll • Whole Wheat Bread
White Bread • Flour Tortilla • Saltines

SWEETS

- | | |
|-------------------------------|--------------------|
| • Mini Oatmeal Raisin Cookies | • Chilled Pears |
| • Rice Krispie® Treat | • Mandarin Oranges |
| • Teddy Grahams® | • Fresh Fruit Cup |
| • Vanilla Pudding | • Fresh Banana |
| • Chocolate Pudding | • Fresh Orange |
| • Red Gelatin | • Fresh Apple |
| • Citrus Gelatin | • Fresh Berries |
| • Orange Sherbet | • Fresh Cantaloupe |
| • Fruit Ice | • Red Grapes |
| • Chilled Peaches | • Fresh Pineapple |
| • Applesauce | |

BEVERAGES

Skim Milk • Iced Tea
• Orange Juice • Apple Juice
Cranberry Juice • Grape Juice

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CONDIMENTS

Margarine
Diet French Dressing
Diet Italian Dressing
Lemon Juice
Honey
Sugar
Equal® Sucralose
Salt
Pepper
Herb Seasoning

Ketchup
Lite Mayo
Mustard
Jelly
Parmesan Cheese
BBQ Sauce
Lettuce and Tomato
Salsa
Honey Mustard
Buffalo Sauce