

Regular Diet

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 **P** • Grits
- Cheerios **P** • Raisin Bran **P,K**
- Cinnamon Toast Crunch **P**
- Honey Nut Cheerios **P**
- Rice Chex

SIDES

- Low Fat Cottage Cheese **P**
- Hard Cooked Egg
- Hash Brown Patty **K** • Bacon
- Turkey Bacon • Home Fries **K**
- Turkey Sausage Patty

BREAKFAST ENTRÉES

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

BUILD YOUR OWN OMELET

Eggs: Egg Whites • Eggs

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

Toppings: Sautéed Mushrooms • Sautéed Onions • Salsa **K**
Green Peppers • Diced Tomatoes **K**

SWEETS

- Fresh Banana **K**
- Fresh Orange **K**
- Fresh Apple
- Fresh Fruit Cup
- Fresh Berries • Cantaloupe **K**
- Fresh Pineapple
- Low Fat Strawberry Yogurt **P,K**
- Low Fat Vanilla Yogurt **P,K**

BREAD BASKET

- Blueberry Muffin
- Cinnamon Roll
- English Muffin • Bagel
- Cinnamon Raisin Bagel
- Flour Tortilla
- White Bread
- Whole Wheat Bread **P**
- Biscuit

CONDIMENTS

- Margarine • Butter
- Light Cream Cheese **P,K**
- Cream Cheese **P,K**
- Jelly • Peanut Butter **P**
- Lemon Juice • Honey • Sugar
- Equal® Sucralose • Salt
- Pepper • Herb Seasoning
- Ketchup **K** • Syrup
- Brown Sugar • Raisins **K**
- Salsa **K**

BEVERAGES

- Orange Juice **K** • Apple Juice
- Cranberry Juice • Grape Juice
- Skim Milk • 2% Milk
- Whole Milk • FF Chocolate Milk
- Hot Chocolate
- Iced Tea All Milk- **P,K**

STARTERS

Tossed Garden Salad with Cucumbers and Tomato **K**
Caesar Side Salad **P,K** • Celery and Carrots with Ranch **P**

ENTRÉES

Meatball Sub K	Cheeseburger Slider P
Baked Fish Sticks with Tartar	Beef Burrito with Salsa P,K
Roast Turkey	Cheese Quesadilla w Salsa P,K
Rigatoni with Meatballs P,K	Chicken Caesar Salad P
Kraft Macaroni & Cheese P,K	Buffalo Chicken Wrap
Chicken Tenders	Chicken Parmesan P,K

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----

Whole Wheat Bread **P** • White Bread • Whole Wheat Flour Tortilla **P**
Flour Tortilla • Hoagie Roll • Slider Roll

---- Choose Your Protein ----

Sliced Ham • Sliced Roasted Turkey **P** • Sliced Roast Beef
Sliced Chicken Breast • Bacon • Peanut Butter **P**
Chicken Salad • Tuna Salad

---- Choose Your Cheese ----

American **P,K** • Cheddar **P,K** • Provolone **P,K** • Swiss **P,K**

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

Pickle Slice • Tomato Slice **K** • Lettuce Leaf
Sliced Red Onion • Jelly • Ketchup **K** • Lite Mayo • Mustard
Salsa **K** • Buffalo Sauce • Ranch Dipping Sauce **P**
Honey Mustard **P**

BUILD YOUR OWN GRILL

---- Choose Your Bread ----

Whole Wheat Bread **P** • White Bread • Hamburger Roll
Whole Wheat Hamburger Roll **P** • Slider Roll
Whole Wheat Flour Tortilla **P** • Flour Tortilla

---- Choose Your Protein ----

Beef Patty • Turkey Patty • Gardenburger **P,K**
Grilled Chicken Breast • Breaded Chicken Breast
Sliced Roasted Turkey **P** • Bacon • Sliced Ham

---- Choose Your Cheese ----

American **P,K** • Cheddar **P,K** • Provolone **P,K** • Swiss **P,K**

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

Tomato Slice **K** • Pickle Slice • Lettuce Leaf
Sliced Red Onion • Ketchup **K**
Lite Mayo • Mustard • Salsa **K** • BBQ Sauce **K**
Buffalo Sauce • Ranch Dipping Sauce **P** • Honey Mustard **P**

SOUPS

Chicken Noodle • Tomato Basil **K** • Vegetable **K**

BUILD YOUR OWN PIZZA

Bread: Pizza Dough • Whole Grain Flatbread **P**

Sauce: Pizza Sauce **K** • Alfredo Sauce **P**

Cheese: Mozzarella Cheese **P** • Cheddar Cheese **P**

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

BENTO BOX

Yogurt & Fruit Bento **P,K** • Turkey & Cheddar Cheese Bento **P,K**
Cheddar Cheese Bento **P,K**

SIDES

Fresh Broccoli **K** • Green Beans • Fresh Carrots • Corn
Mashed Potatoes **K** • Baked French Fries **K** • Sweet Potato Fries **K**
Potato Starz • Buttered Penne • Marinara Sauce **K**
Kraft Macaroni & Cheese **P,K**
Mozzarella Cheese Sticks **P,K** • Pretzels
Mozzarella Cheese with Sauce **P,K** • Baked Potato Chips **K**
Goldfish® Crackers **P,K** • Poultry Gravy **P** • Brown Gravy **P**

BREAD BASKET

Whole Wheat Roll **P** • White Roll • Whole Wheat Bread **P**
White Bread • Garlic Breadstick • Flour Tortilla • Saltines

SWEETS

Mini Chocolate Chip Cookies **P** • Mini Oatmeal Raisin Cookies **P**
Teddy Grahams® • Vanilla Pudding **P** • Chocolate Pudding **P**
Red Gelatin • Citrus Gelatin • Vanilla Ice Cream **P**
Chocolate Ice Cream **P** • Orange Sherbet **P** • Fruit Ice • Applesauce
Rice Krispie® Treats • Chilled Peaches • Brownie **P**
Chilled Pears • Fresh Fruit Cup • Fresh Orange **K** • Fresh Apple
Mandarin Oranges • Fresh Banana **K** • Fresh Berries
Fresh Cantaloupe **K** • Fresh Pineapple

BEVERAGES

Skim Milk • 2% Milk • Whole Milk • FF Chocolate Milk • Iced Tea
Soy Milk • Almond Milk • Lactaid • Orange Juice **K** • Apple Juice
Cranberry Juice • Grape Juice • Hot Chocolate

Regular Det

Regular diet provides food choices that will meet your nutritional needs. Enjoy!

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

CONDIMENTS

Margarine
Butter
Ranch Dressing **P**
Italian Dressing
Caesar Dressing **P,K**
Lemon Juice
Honey
Sugar
Equal® Sucralose
Salt
Pepper
Herb Seasoning
Ketchup **K**

Lite Mayo
Mustard
Jelly
Peanut Butter **P, K**
Parmesan Cheese
Tartar Sauce
BBQ Sauce **K**
Ranch Dipping Sauce **P**
Lettuce and Tomato **K**
Salsa **K**
Honey Mustard **P**
***Items marked with a **P** or a **K**
contain **phosphorus** or **potassium**