Lunch + Dinner Sides

- brown rice
- white rice
- penne pasta
- mac & cheese
- sweet corn
- green peas
- steamed carrots
- steamed green beans
- steamed broccoli
- strawberries
- blueberries
- carrot sticks
- SunChips®
- LS corn chips

Desserts

- chocolate chip cookie
- vanilla wafers
- pudding regular or no added sugar:
  - chocolate or vanilla
- ice cream vanilla, chocolate or strawberry
- animal crackers
- strawberries
- blueberries
- graham crackers

Drinks

- MILK
  - whole, 2%, skim, chocolate, rice, SILK soy or lactaid
- JUICE
  - apple, cranberry, or grape.
- TEA
  - hot tea or iced tea
- CRYSTAL LIGHT®
  - fruit punch or lemonade
- BOTTLED WATER

Disclaimer: Items allowed on your diet may vary and are dependent upon the restriction level set by your physician.
**Breakfast**

Please select 1 entrée + 2 sides + 1 bakery item and 2 drinks.

**EGGS**
- scrambled eggs
- hard-boiled eggs
- omelet
  
  add DAIYA cheese, cheddar cheese, meat, vegetables

**BREAKFAST TACO**
- corn tortilla
  
  choose your toppings:
  - egg
  - bacon
  - cheddar cheese
  - DAIYA cheddar cheese
  - cheese

**GRILL TOP**
- LS french toast
- LS pancakes
- LS belgian waffle
  
  topped with whipped cream or berries upon request. served with syrup and butter upon request

**BREAKFAST WRAP**
- create your own
  - tortilla warp
  - no added salt peanut butter
  - green apple
  - granola

**Bakery**
- ½ english muffin
- blueberry muffin
- toast white
  
  choose butter, regular cream cheese or strawberry cream cheese

**SIDES**
- turkey bacon
- turkey sausage links

**HOT CEREAL**
- oatmeal
- cream of wheat
- grits
  
  choose your topping: brown sugar blueberries & sliced strawberries

**COLD CEREAL**
- rice krispies
- rice chex
- cornflakes
- froot loops
- cocoa puffs
- frosted flakes
- cheerios
- honey nut cheerios

**FRUIT**
- strawberries
- blueberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce

**Lunch & Dinner**

Please select 1 entrée + 2 sides + 1 bakery item and 2 drinks.

**CHEF’S SPECIALTIES**
- meatloaf w/ tomato gravy
  
  lightly seasoned ground beef, moist and flavorful
- baked chicken tenders
  
  cornflake crusted chicken strips, baked and lightly seasoned
- baked chicken breast
  
  lightly seasoned chicken breast
- beef patty
  
  Topped with gravy upon request

**BURGERS**
- hamburger on a LS bun
- turkey burger on a LS bun
- grilled chicken on a LS bun
  
  toppings: lettuce, tomato & onion dressings: mustard or mayonnaise

**QUESADILLAS**
- DAIYA cheese quesadilla corn tortilla
- chicken & DAIYA cheese quesadilla corn tortilla
  
  toppings: lettuce, tomato, onion & picante

**PIZZA**
- create your own
  
  Crust:
  - LS white crust
  
  Sauce:
  - tomato or alfredo
  
  cheese:
  - mozzarella, cheddar, DAIYA cheddar or DAIYA mozzarella
  
  topping:
  - diced chicken

**PASTA**
- create your own pasta
  
  choose your pasta:
  penne or spaghetti
  
  choose your sauce:
  LS tomato, alfredo, or butter

**SANDWICHES & WRAPS**
- create your own
  
  bread:
  LS white bread or corn tortilla
  protein:
  LS turkey, tuna or LS peanut butter
  cheese:
  DAIYA cheddar or DAIYA mozzarella
  condiments:
  mustard, mayonnaise, jelly or sugar free jelly
  toppings:
  lettuce, tomato, & onion
  sandwich grilled upon request

**LS = low sodium**

**NAS = no added salt**