

General Diet Menu — Breakfast

Breakfast Grill items available until 2pm

A la Carte

Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Regular yogurt – vanilla (22g), strawberry (25g)

Greek yogurt – blueberry (13g), strawberry (13g), black cherry (13g)

Chobani® yogurt (21g) – coconut Strawberry, coconut vanilla

Bread & Bakery

Toast – white (15g), whole wheat (16g), cinnamon raisin (20g)

Bagels – plain (47g), whole wheat (55g)

Muffins – blueberry (30g), apple cinnamon (29g)

English muffin (22g)

Cold Cereals

Cheerios (12g), **Corn Flakes** (18g), **Raisin Bran** (34g), **Shredded Wheat**

(28g), **Frosted Flakes** (25g), **Fruit Loops** (24g), **Rice Krispies** (22g),

All-Bran Original (37g)

Hot Cereals

Oatmeal (20g)

Cream of Wheat® (18g)

Sides

Bacon

Turkey sausage

Hash browns (8g)

Condiments: Smart Balance® spread, salt, pepper, Mrs. Dash®, jelly (10g), sugar-free jelly (3g), peanut butter (5g), honey (12g), cream cheese (1g), sugar (3g), brown sugar (15g), Equal®, Splenda®, raisins (15g), syrup (31g), sugar-free syrup (4g), ketchup (3g), hot sauce

Morning Specialties

All made with farm-fresh eggs

Omelet bar – choice of cheese, ham, turkey sausage, onion, peppers, mushrooms, tomatoes, spinach

Scrambled eggs

Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg, cheese and/or ham

French toast (23g)

Buttermilk pancake (31g)

Mixed fruit (30g) & **cottage cheese** (5g) – served with a muffin (30-35g)

General Diet Menu — Lunch and Dinner

Salads (*side salads available*)

Chicken Caesar salad

Fresh greens (5g) tossed with grilled chicken, parmesan cheese and croutons (5g)

Chef salad

Fresh greens, tomatoes and cucumber (5g) tossed with ham, turkey, shredded cheese, egg and croutons (5g)

Garden salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Dressings: French (9g), ranch (3g), Caesar (4g), Italian (3g), oil & vinegar

Fat-Free Dressings: French (14g), ranch (14g), Italian (4g), raspberry vinaigrette (9g)

Hot Sides

Potato – mashed Idaho potatoes (15g), mashed sweet potatoes (25g)

White rice (30g)

Broccoli florets (5g)

Corn (15g)

Green beans (5g)

Spinach (5g)

Vegetarian refried beans (20g)

Vegetable egg roll (23g)

Cold Sides

Original hummus (10g) – served with whole grain crackers (5g), sliced carrots (10g) or celery sticks

Pretzels (47g)

Potato chips – regular (23g), baked (26g)

Carrot sticks (10g)

Celery sticks (10g)