

Monday 8/31		Tuesday 9/1		Wednesday 9/2		Week Three Thursday 9/3		Friday 9/4		Saturday 9/5		Sunday 9/6	
Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice		Cranberry, Apple, or Orange Juice	
Oatmeal (C.C/ H.H)		Cream of Wheat (C.C/ H.H)		Oatmeal (C.C/ H.H)		Cream of Wheat (C.C/ H.H)		Oatmeal (C.C/ H.H)		Cream of Wheat (C.C/H.H)		Oatmeal (C.C/H.H)	
Danish		Blueberry Bagel		Bacon		Egg & Cheese English Muffin		Ham and Cheese Omelet		Canadian Bacon		Banana Bread	
Bananas		Fruit Cup		Tropical Fruit		Diced Cantaloupe		Banana		Diced Honeydew		Chilled Pears	
Pancakes or French Toast		Pancakes or French Toast		Pancakes or French Toast		Pancakes or French Toast		Pancakes or French Toast		Pancakes or French Toast		Pancakes or French Toast	
Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)		Poached, Scrambled or Fried Eggs (C.C/ H.H)	
Yogurt		Yogurt		Yogurt		Yogurt		Yogurt		Yogurt		Yogurt	
White or Wheat Toast		White or Wheat Toast		White or Wheat Toast		White or Wheat Toast		White or Wheat Toast		White or Wheat Toast		White or Wheat Toast	
Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes		Raisin Bran, Frosted Flakes	
Honey Nut Cheerios		Honey Nut Cheerios		Honey Nut Cheerios		Honey Nut Cheerios		Honey Nut Cheerios		Honey Nut Cheerios		Honey Nut Cheerios	
Rice Krispies		Rice Krispies		Rice Krispies		Rice Krispies		Rice Krispies		Rice Krispies		Rice Krispies	
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
Mandarin Oranges		Beer Cheese & Crackers		Pears & Cottage Cheese		Fruited Strawberry Jello		Relish Plate		Ambrosia Salad		Chopped Salad w/ Ranch	
Grilled Chicken Sandwich(C.C/ H.H)		Meatloaf w/ Gravy (C.C)		Chef Salad w/Ranch (C.C/ H.H)		Roast Beef w/Gravy		Broccoli, Cheese & Mushroom Quiche		Stuffed Peppers (C.C)		Country Fried Steak	
Creamy Pea Salad		Mashed Potatoes		Dinner Roll		Au Gratin Potatoes		Breadstick		Buttermilk Biscuit		Baked Potato	
Potato Cheddar Bites		Roasted Brussel Sprouts		Red Grapes		Candied Carrots		Purple Cauliflower		Peas and Carrots		Buttered Corn	
Root Beer Float		Pistachio Pudding		Sundae Cup		Pineapple Upside Down Cake		Lemon Meringue Pie		Cherry Cheesecake		Chocolate Cake w/ Whipped Cream	
--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---	
Mushroom & Swiss Burger		Baked Lemon Herb Fish Filet (C.C/ H.H)		Ham and Cheese Tortellini		Southern Fried Chicken Breast w/Gravy		Beef Lasagna		Smoked Ham w/Brown Sugar Glaze		Pork Chops and Apples (C.C)	
Creamy Pea Salad		Mashed Potatoes		Dinner Roll		Au Gratin Potatoes		Breadstick		Mashed Potatoes		Baked Potato	
Potato Cheddar Bites		Roasted Brussel Sprouts		Scandanavian Blend Vegetables		Candied Carrots		Purple Cauliflower		Peas and Carrots		Buttered Corn	
Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
Stuffed Pepper Soup		Split Pea		Creamy Cheeseburger		Lemon Chicken Rice		Creamy Ham & Potato		Beef Minestrone		Chicken Noodle	
Banana Fosters Pancakes		Slow Roasted Pork w/ Gravy (C.C)		French Dip Sandwich		Grilled Cheddar & Swiss on Sourdough		Turkey Cheeseburger		Roast Beef and Provolone on Rye (C.C)		Chili Mac	
Sausage Link		Prince Edwards Vegetables		Potato Salad		Cucumbers w/Ranch		Sunchips		Mac n Cheese		Roasted Zucchini	
Warm Cinnamon Apples		Buttered Noodles		Honey Lime Berries		Diced Peaches		Pineapple		Watermelon		Corn Muffin	
Ice Cream or Cookie		Ice Cream or Cookie		Ice Cream or Cookie		Ice Cream or Cookie		Ice Cream or Cookie		Ice Cream or Cookie		Ice Cream or Cookie	
--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---		--- Entrée Two ---	
Sliced Polish Sausage w/ Onions (C.C)		BBQ Smoked Chicken and Cheddar on Bun		Parmesan Boneless Chicken Wings		Deli Tuna Salad (C.C/ H.H)		Egg Salad Sandwich		Chicken Tenders		Grilled Ham & Swiss on White	
Green Beans		Prince Edwards Vegetables		Potato Salad		Cucumbers w/Ranch		Sunchips		Mac n Cheese		Roasted Zucchini	
Warm Cinnamon Apples		Buttered Noodles		Honey Lime Berries		Diced Peaches		Pineapple		Watermelon		Cheese Puffs	

C.C= Consistent Carbohydrate Diet
Entrée:Pair with fruit and/or a non-starchy vegetable. Limit refined carbohydrates, sugary beverages, and desserts. Sub white bread for whole wheat!

H.H= Heart Healthy Diet
Entrée: Pair with fruit, vegetables, and whole grains. Limit added salt, saturated fats, and fried foods