

# 75g Carbohydrate Breakfast Menu

Regulate carbohydrate intake to help maintain blood sugar control

## Drink offerings

Coffee (reg or decaf)*	Shasta Cola (reg or diet)*
Iced Tea*	Skim Milk
Chamomile Tea	Orange Juice
Lemonade	Apple Juice
2% Milk	Cranberry Juice
Shasta Lemon Lime (reg or diet)	Vanilla Soy Milk

*\*Patients with caffeine restrictions cannot have these beverages.*

Other drinks may be available upon request.  
(Subject to caffeine restrictions)

## Order cutoff times:

Breakfast: 5 a.m.

Lunch: 9 a.m.

Dinner: 3 p.m.

**If you don't call to order your meal prior to the cutoff time, you will receive a tray, but will not be able to make selections.**

Additional options are available, please ask when placing your order.

### Sunday

Scrambled Eggs  
Wheat Toast  
Cheerios®  
Mandarin Oranges

### Monday

Cheese or Vegetable Omelet  
Potatoes  
Blueberry Muffin  
Applesauce

### Tuesday

Scrambled Eggs  
Turkey Bacon  
Wheat Toast  
Cheerios®  
Pineapple

### Wednesday

Pancakes  
Turkey Sausage  
Fresh Orange

### Thursday

Scrambled Eggs  
Turkey Bacon  
Oatmeal  
Wheat Toast  
Peaches

### Friday

Scrambled Eggs  
Potatoes  
Turkey Sausage  
Cheerios®  
Pineapple

### Saturday

Pancakes  
Turkey Sausage  
Cantaloupe  
Cheerios®