

Always Available

Breakfast

HOT CEREAL ♥: Cream of Wheat, Oatmeal, Grits

COLD CEREAL ♥: Rice Krispies, Total Raisin Bran, Fruit Loops, Cheerios

CONTINENTAL:

Yogurt ♥: Vanilla, Strawberry, Blueberry

Cottage Cheese with Fruit ♥

Blueberry Muffin ♥, English Muffin ♥, Plain Bagel ♥, Everything Bagel, White Toast ♥, Wheat Toast ♥

HOT BREAKFAST:

French Toast ♥, Pancakes ♥, Biscuit & Gravy Bacon, Turkey Bacon ♥

Sausage, Turkey Sausage ♥

Scrambled Eggs ♥, Boiled Eggs ♥

Fruit ♥: Fresh Fruit Cup, Apple, Orange, Banana

BEVERAGES:

Coffee ♥: Regular, Decaffeinated

Tea ♥: Sweet or Unsweet Iced Tea, Hot Tea

Hot Cocoa ♥: Regular and Sugar-Free

Juice ♥: Apple, Cranberry, Orange, Grape, Prune, Tomato

Milk: Skim ♥, 2% ♥, Whole, Chocolate, Buttermilk ♥

Soda ♥: Coke and Pepsi Products

♥ Items suitable for cardiac diets



Always Available Lunch

SALAD & SOUPS:

Soups: Chicken Noodle (Low Sodium Available ❤️)
Tomato (Low Sodium Available ❤️), Potato,
Cream of Chicken

Salads ❤️: Grilled Chicken Salad, Chef Salad,
Side Salad

Dressings: Ranch, Italian, Caesar, Balsamic Vinaigrette, French, Thousand Island, Fat-Free Ranch ❤️,
Fat-Free Italian ❤️, Fat-Free Raspberry Vinaigrette ❤️

ENTRÉE & HOT GRILL:

Hamburger ❤️, Grilled Chicken Sandwich ❤️

Bun ❤️: White, Wheat

Toppings: Lettuce ❤️, Tomato ❤️, Onion ❤️, Pickle

Cheese ❤️: American, Swiss, Cheddar

Chicken Tenders: Fried or Baked ❤️

Cheese & Pepperoni Pizza

SANDWICHES:

Proteins: Tuna Salad ❤️, Chicken Salad ❤️,
Egg Salad ❤️, Low Sodium Deli Turkey ❤️, Ham,
Peanut Butter ❤️

Bread ❤️: White, Wheat

Toppings: Lettuce ❤️, Tomato ❤️, Onion ❤️, Pickle

Cheese: American, Swiss, Cheddar

SIDES:

Green Beans ❤️, Corn ❤️, Broccoli ❤️, Carrots ❤️,
Peas ❤️, Mashed Potatoes ❤️, Macaroni & Cheese,
Rice ❤️, Dinner Roll ❤️, French Fries: Fried or Baked
Lays Chips ❤️, BBQ Lays, Baked Lays ❤️, Sun Chips ❤️

CONDIMENTS:

Ketchup ❤️, Mayo, Light Mayo ❤️, Mustard ❤️,
BBQ Sauce ❤️, Honey Mustard ❤️, Hot Sauce ❤️

DESSERTS:

Ice Cream: Vanilla, Chocolate, Strawberry,
Orange Sherbet ❤️

Vanilla - No Sugar Added ❤️,

Chocolate - No Sugar Added ❤️,

Butter Pecan - No Sugar Added

Angel Food cake with Whip Topping & a Strawberry

No Sugar Added Chocolate Brownie

Cookies: Chocolate Chip, Sugar

Whole Fruit ❤️: Banana, Apple, Orange

BEVERAGES:

Coffee ❤️: Regular, Decaffeinated

Tea ❤️: Sweet or Unsweet Iced Tea, Hot Tea

Hot Cocoa ❤️: Regular and Sugar-Free

Juice ❤️: Apple, Cranberry, Orange, Grape, Prune,
Tomato

Milk: Skim ❤️, 2% ❤️, Whole, Chocolate, Buttermilk ❤️

Soda ❤️: Coke and Pepsi Products