Back-of-the-House Menu

		Re	gular Diet		Sc	oft Diet Modifications
Breakfast		Portion	-	od Item	Food Item	
Juice		1 cup	Fortified grapefruit juice		Fortified grapefruit juice	
Fruit		1 cup		emove pit but leave skin	Cubed cantaloupe and honeydew melon	
Hot Cereal		1 cup, 1 tbsp	Oatmeal topped with ground flax seed		Oatmeal topped with ground flax seeds	
Cold Cer		1 cup	Cold cereals: Cheerios, Frosted Flakes, Raisin Bran, or Life		Cold cereals: Cheerios, Frosted Flakes, Raisin Bran, or Life, add ¼ cup of milk	
Cold Cel	lean	reup				
Entrée	06	1 waffle	Whole wheat waffle		Whole wheat waffle, add 1 tbsp of syrup	
Liitiee			Tomato and cheese scrambled egg		Tomato and cheese scrambled egg	
Sides	-	1 cup	Baked hash brown		Baked hash brown	
Sides	\$ _	1 cup	Canadian bacon		Thin sliced, chopped Canadian bacon	
	-	2 slices			· · · ·	
	,	1 muffin	Fresh blueberry muffin		Fresh blueberry muffin	
Bread	d	1 slice	Whole wheat toast		Whole wheat bread, add 1 tbsp strawberry jam	
Bread	d	1 biscuit	Whole wheat biscuit		Whole wheat biscuit, add 1 tbsp of olive oil	
Lunch	Lunch Portio		Food Item		Food Item	
Soup)	1 cup	Vegetable minestrone soup		Vegetable minestrone soup	
Salad		1 cup	Kale salad		Shredded lettuce	
	-	1 tbsp	Vinaigrette dressing		Vinaigrette dressing	
Entrée	95	3 oz	Grilled mango chicken breast		Pureed mango as sauce, thin sliced grilled chicken	
Lintree	63	5.02	di nicu mango chicken breast		breast	
	Γ	1 cup 1 tbsp	1 cup 1 tbsp Greek couscous with sun dried tomato, drizzled with extra virgin olive oil		Greek couscous with sun dried tomato, drizzled with	
		1 1			extra virgin olive oil	
Vegetab	oles	1 cup	Vegetables included in minestrone soup		Vegetables included in minestrone soup	
		1 cup	Steamed baby spinach		Steamed baby spinach	
Starch	h	1 cup	Couscous included in Geek couscous entree		Couscous included in the Greek couscous entree	
otarer		1 cup	Steamed black beans and rice		Steamed black beans and rice	
Desser	rte	1 bar/1 oz	Lemon bar		Lemon bar	
Dessei		1 bar/1 oz	<u>,</u>			
Dana	L L	· · · · · · · · · · · · · · · · · · ·	Blueberry crisp bar		Whole grain roll, add 1 tbsp of olive oil	
Bread		1 roll	Whole grain roll			
Bread		1 slice	Rosemary bread		Rosemary bread, add 1 tbsp of olive oil Food Item	
Dinne		Portion	Food Item			
Soup		1 cup	Bean and lentil soup		Bean and lentil soup	
Salad	1	1 cup	Avocado egg salad		Avocado egg salad	
		1 tbsp	Extra virgin olive oil dressing		Extra virgin olive oil dressing	
Entrée	00		Miso glazed salmon, baked		Miso glazed salmon, baked and sliced into bite sized	
	25	3 oz	11150 giuze		pieces	
			_			pieces
	-	2 bell	_	fed bell peppers	Baked sliced	
	-		_		Baked sliced	pieces
Vegetab		2 bell	Baked stuf			pieces
Vegetab		2 bell peppers/3 oz	Baked stuf	fed bell peppers	Bell peppers in	pieces l bell peppers and ground beef
	oles	2 bell peppers/3 oz 1 cup 1 cup	Baked stuff Bell peppers includ Steamed broccoli	fed bell peppers led in baked bell pepper and cauliflower florets	Bell peppers in Steamed b	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets
Vegetab	oles	2 bell peppers/3 oz 1 cup 1 cup 1 cup	Baked stuff Bell peppers includ Steamed broccoli Beans included in	fed bell peppers led in baked bell pepper and cauliflower florets the bean and lentil soup	Bell peppers in Steamed b	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets ded in the bean and lentil soup
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5	oles h	2 bell peppers/3 oz 1 cup 1 cup 1 cup 1 cup 1 bar/1 oz	Baked stuff Bell peppers includ Steamed broccoli Beans included in t Garl Dark choo	fed bell peppers led in baked bell pepper and cauliflower florets the bean and lentil soup ic quinoa colate brownie	Bell peppers in Steamed by Beans inclu	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets ded in the bean and lentil soup Garlic quinoa rk chocolate brownie
Starch	oles h rts	2 bell peppers/3 oz 1 cup 1 cup 1 cup 1 cup 1 bar/1 oz 2 slices/1 cup	Baked stuff Bell peppers includ Steamed broccoli Beans included in t Garl Dark choo Watern	fed bell peppers led in baked bell pepper and cauliflower florets the bean and lentil soup ic quinoa colate brownie nelon slices	Bell peppers in Steamed by Beans inclue Da	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets ded in the bean and lentil soup Garlic quinoa rk chocolate brownie eded watermelon cubes
Starch	oles h rts	2 bell peppers/3 oz 1 cup 1 cup 1 cup 1 cup 1 bar/1 oz 2 slices/1 cup 1 roll	Baked stuff Bell peppers include Steamed broccoli Beans included in t Garl Dark choo Watern Whole	fed bell peppers led in baked bell pepper and cauliflower florets the bean and lentil soup ic quinoa colate brownie nelon slices e grain roll	Bell peppers in Steamed by Beans inclue Da Da Unse Whole gra	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets ded in the bean and lentil soup Garlic quinoa rk chocolate brownie eded watermelon cubes in roll, add 1 tbsp of olive oil
Starch Desser Bread	oles h rts	2 bell peppers/3 oz 1 cup 1 cup 1 cup 1 cup 1 bar/1 oz 2 slices/1 cup	Baked stuff Bell peppers include Steamed broccoli Beans included in t Garl Dark choo Watern Whole	fed bell peppers led in baked bell pepper and cauliflower florets the bean and lentil soup ic quinoa colate brownie nelon slices	Bell peppers in Steamed by Beans inclue Da Da Unse Whole gra	pieces I bell peppers and ground beef cluded in sliced bell pepper entree roccoli and cauliflower florets ded in the bean and lentil soup Garlic quinoa rk chocolate brownie eded watermelon cubes
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