

# General Diet Menu – Breakfast

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

## A la Carte

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

Applesauce (15g)

Diced Fruit (15g) – peaches, pears

Mixed Fruit Cup (15g) – *cantaloupe, honey-dew,  
oranges, grapes and pineapple*

Yogurt – regular (30g), light (15g)

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## Bread & Bakery

Toast – white (15g), whole wheat (15g), cinnamon  
raisin (25g)

Bagels – cinnamon raisin (45g), plain (45g), whole  
wheat (55g)

Muffins (20g) – blueberry, apple cinnamon, bran

English Muffin (25g)

*Condiments: margarine, butter, jelly (10g),  
diet jelly (3g), peanut butter (5g), honey (5g),  
cream cheese*

## Cold Cereals

Cheerios® (15g), Corn Flakes® (20g),  
Raisin Bran® (35g), Shredded Wheat® (25g),  
Frosted Mini Wheats® (30g), All-Bran® Complete  
®Wheat Flakes (25g), Frosted Flakes® (25g),  
Froot Loops® (25g), Rice Krispies® (20g),  
Cap'n Crunch® (20g), Corn Pops® (25g),  
All-Bran® Original (35g)

Milk (15g) – skim, 2%, whole

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## Hot Cereals

Oatmeal (20g)

Cream of Wheat® (20g)

*Condiments: sugar (3g), brown sugar (30g), Equal®,  
Splenda®, raisins (30g)*

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## Morning Specialties

*Cholesterol-free egg substitute is available.*

Mixed Fruit (30g) & Cottage Cheese (5g) –  
served with a muffin (20g).

Omelet Bar – cheese, ham, turkey sausage, onion,  
peppers, mushrooms, tomatoes, spinach

Sunrise Sandwich (25g) – egg, cheese and/or ham

Scrambled Eggs

French Toast (15g)

Buttermilk Pancakes (25g)

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## Hot Sides

Bacon

Turkey Sausage

Hash Brown Potatoes (15g)

*Condiments: syrup (30g), diet syrup (4g), butter,  
margarine, salt, pepper, Mrs. Dash®, ketchup (2g), hot  
sauce*