

Renal Diet Menu – Breakfast

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

A la Carte

Fresh Apple (15g)
Fresh Grapes (15g)
Applesauce (15g)
Diced Fruit (15g) – peaches, pears
Yogurt – regular (30g), light (15g)

Bread & Bakery

Toast – white (15g), cinnamon raisin (25g)
Bagels – cinnamon raisin (45g), plain (45g)
Muffins (20g) – blueberry, apple cinnamon
English Muffin (25g)

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

Cold Cereals

Corn Flakes® (20g), Frosted Flakes® (25g),
Froot Loops® (25g), Rice Krispies® (20g),
Cap'n Crunch® (20g), Corn Pops® (25g)

Milk

4 oz. Milk (5g) – skim, 2%, whole
8 oz. Lactose-Free Milk (10g)
8 oz. Rice Milk (25g) – original, vanilla

Hot Cereals

Oatmeal (20g)
Cream of Wheat (20g)

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

Morning Specialties

Cholesterol-free egg substitute is available.

Omelet Bar – LS cheese, *turkey sausage, onion,
peppers

Sunrise Sandwich (25g) – egg and LS cheese

French Toast (15g)

Buttermilk Pancakes (25g)

Scrambled Eggs

*Turkey Sausage

*Condiments: syrup (30g), diet syrup (4g), margarine,
pepper, Mrs. Dash®*