

# 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 and  
grapes*

Regular Yogurt – vanilla (25g), blueberry (27g),  
strawberry (30g), peach (28g)

Light Yogurt – vanilla (14g), blueberry (14g),  
strawberry (14g), peach (14g)

Greek Yogurt – vanilla (19g), blueberry (20g),  
strawberry (19g), black cherry (21g)

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## Bread & Bakery

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

Bagels – cinnamon raisin (50g), plain (50g), whole  
wheat (55g)

Muffins – blueberry (30g), apple cinnamon (30g),  
bran (35g)

English Muffin (25g)

*Condiments: margarine, butter, jelly (10g),  
diet jelly (3g), peanut butter (5g), honey (12g),  
cream cheese*

## Cold Cereals

Cheerios® (12g), Corn Flakes® (18g),  
Raisin Bran® (34g), Shredded Wheat® (27g),  
Frosted Mini Wheats® (31g), All-Bran® Complete  
®Wheat Flakes (26g), Frosted Flakes® (25g),  
Froot Loops® (24g), Rice Krispies® (22g), Corn  
Pops® (24g), All-Bran® Original (37g)

Milk – skim (13g), 2% (12g), whole (12g)

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## Hot Cereals

Oatmeal (25g)

Cream of Wheat® (20g)

*Condiments: sugar (3g per packet), brown sugar (15g),  
Equal®, Splenda®, raisins (15g)*

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## Morning Specialties

*Cholesterol-free egg substitute is available.*

Mixed Fruit (30g) & Cottage Cheese (5g) –  
served with a muffin (30-35g).

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)

Waffles (25g) – with strawberry sauce (20g)

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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*