

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
- 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)

Bread & Bakery

- Toast – white (15g), cinnamon raisin (25g)
 - Bagels – cinnamon raisin (50g), plain (50g)
 - Muffins (30g) – blueberry, apple cinnamon
 - English Muffin (25g)
- Condiments: margarine, jelly (10g), diet jelly (3g), honey (12g), *cream cheese*

Cold Cereals

- Corn Flakes® (18g), Frosted Flakes® (25g), Froot Loops® (24g), Rice Krispies® (22g), Corn Pops® (24g)

Milk

- 4 oz. Milk (5g) – skim, 2%, whole
- 8 oz. Lactose-Free Milk (12g)
- 8 oz. Rice Milk – original (23g), vanilla (26g)

Hot Cereals

- Oatmeal (25g)
- Cream of Wheat (20g)

Condiments: sugar (3g per packet), brown sugar (15g), 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®