

Gluten-Free Diet Menu – Beverages & Breakfast

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Beverages

Milk (8oz)

Milk – skim (13g), 2% (12g), whole (12g),
chocolate (20g)

Soy Milk – original (7g), vanilla (18g),
chocolate (25g)

Rice Milk – original (23g), vanilla (26g)

Juice (4oz)

Juice – apple (15g), orange (15g), cranberry (20g),
grape (20g), prune (25g), vegetable (7g), low-sodium
vegetable (7g)

Cold Drinks (8 oz)

Crystal Light® – orange sunrise, raspberry ice

Sugar-Free Lemonade

Iced Tea

Hot Drinks (8oz)

Coffee – regular, decaf

Hot Chocolate – no sugar added (10g)

Hot Tea – regular, decaf

Herbal Tea – lemon, green, orange & spice, cranberry
apple, mint medley

*Condiments: sugar (3g per packet), Equal®, Splenda®,
creamer, non-dairy creamer (2g), lemon, honey (12g)*

Breakfast

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)

Cottage Cheese (5g)

Gluten-Free Oatmeal (35g) –apple cinnamon, maple
raisin, banana maple

Gluten-Free Toast (20g)

*Condiments: brown sugar (15g), sugar (3g per packet),
Equal®, Splenda®, raisins (15g), margarine, butter,
jelly (10g), diet jelly (3g), peanut butter (5g), honey
(12g), cream cheese*

Morning Specialties

Cholesterol-free egg substitute is available.

Mixed Fruit (30g) & Cottage Cheese (5g) Plate

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

Sunrise Sandwich – egg, cheese and/or ham served
on gluten-free bread (45g).

Scrambled Eggs

Hot Sides

Bacon or Turkey Sausage

Hash Brown Potatoes (15g)

 **BRONSON**