Hand Hygiene
We provide a hand wipe on your meal tray so that you can clean your hands before you enjoy your meal.

Special Food Requests
Special menus are available for Renal, Low Sodium, GI (easy to digest), and Gluten-free diets.

Vegetarian selections are included throughout the menu.

Kosher selections are available upon request.

Dining After Hours
If you would like something to eat after regular meal service times, please ask your nurse about the options available to you.

Special Diets
Cardiac/Heart-Healthy Diet
This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

Consistent Carbohydrate Diet
This diet provides a consistent amount of carbohydrates (carbs) at each meal to help control blood sugar. Choose the number of carb servings indicated in your diet order when selecting meals. Your selections may be edited to meet your carb allowance.

The number of carb servings is indicated beside menu items that contain carbs.

1 carb serving = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Consistent Carbohydrate (Carb) Diets</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
</tr>
<tr>
<td>-----------</td>
</tr>
<tr>
<td>Liberalized</td>
</tr>
<tr>
<td>Low</td>
</tr>
<tr>
<td>Standard</td>
</tr>
<tr>
<td>High</td>
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</tbody>
</table>

*Price is subject to change at any time.*
# Breakfast

## JUICE
- Orange ♥ (1 carb)
- Apple ♥ (1 carb)
- Cranberry ♥ (1 carb)
- Grape ♥ (1 carb)
- Prune ♥ (1 carb)
- V8® (½ carb)

## FRUIT
- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Stewed Prunes ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Diced Peaches ♥ (1 carb)
- Diced Pears ♥ (1 carb)

## HOT AND COLD CEREALS
- Oatmeal ♥ (1 carb)
  *with Brown Sugar (add 1 carb)*
- Cream of Wheat™ ♥ (1 carb)
- Honey Nut Chex™ ♥ (2 carbs)
- Corn Flakes® ♥ (1 carb)
- Rice Krispies® ♥ (1 carb)
- Kellogg’s® Mini-Wheats ♥ (2 carbs)
- Raisin Bran® ♥ (2 carbs)
- Cheerios® ♥ (1 carb)

## YOGURT
**Fruited Yogurt**
- Peach ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)

**Light Yogurt**
- Vanilla ♥ (1 carb)
- Strawberry Banana ♥ (1 carb)

**Greek Yogurt**
- Vanilla ♥ (½ carb)
- Strawberry ♥ (1 carb)

**Yogurt Whips**
- Orange Crème ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
## Breakfast (continued)

### HOT ENTREES

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
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<td></td>
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<tr>
<td>Cheese Omelet</td>
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<td></td>
</tr>
<tr>
<td>Roasted Vegetable Omelet</td>
<td>(½ carb)</td>
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<tr>
<td>Low-cholesterol Scrambled Eggs</td>
<td>♥</td>
<td>(½ carb)</td>
</tr>
<tr>
<td>Roasted Vegetable Egg White Omelet</td>
<td>♥ (½ carb)</td>
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</tr>
<tr>
<td>French Toast</td>
<td>♥ (1½ carbs)</td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes</td>
<td>(2) ♥ (2 carbs)</td>
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</tr>
<tr>
<td>Breakfast Sandwich on an English Muffin</td>
<td>(2 carbs)</td>
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<tr>
<td>Egg and Cheese or Bacon, Egg, and Cheese</td>
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### SIDES

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<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Bacon Strips</td>
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<tr>
<td>Turkey Sausage Links</td>
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<td></td>
</tr>
<tr>
<td>Breakfast Potatoes</td>
<td>♥ (1 carb)</td>
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</tr>
<tr>
<td>Low-fat Cottage Cheese</td>
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<tr>
<td>Hard Cooked Egg</td>
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### BAKERY

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<tr>
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<tbody>
<tr>
<td>English Muffin</td>
<td>♥ (2 carbs)</td>
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<tr>
<td>Plain Bagel</td>
<td>♥ (2 carbs)</td>
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<tr>
<td>Cinnamon Raisin Bagel</td>
<td>♥ (2½ carbs)</td>
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<tr>
<td>Blueberry Crumb Cake</td>
<td>(2 carbs)</td>
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<tr>
<td>Whole Wheat Toast</td>
<td>♥ (1 carb)</td>
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</tr>
<tr>
<td>White Toast</td>
<td>♥ (1 carb)</td>
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<tr>
<td>Low-fat Banana Muffin</td>
<td>♥ (2½ carbs)</td>
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<tr>
<td>Apple Cinnamon Muffin</td>
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<tr>
<td>Glazed Donut</td>
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### ACCOMPANIMENTs

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<tr>
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<td>Peanut Butter</td>
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<td>Honey</td>
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<td>Syrup</td>
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<tr>
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<tr>
<td>Assorted Jelly</td>
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<tr>
<td>Assorted Diet Jelly</td>
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<tr>
<td>Ketchup</td>
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<tr>
<td>Hot Sauce</td>
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Daily Specials

Sunday

LUNCH
Soup of the Day
Stuffed Pepper Soup (1 carb)
Salad
  Applesauce ♥ (1 carb)
Your Choice of Entrée
  Roast Turkey Breast with Gravy ♥ (½ carb)
  Traditional Chef Salad (½ carb)
  Turkey Chef Salad ♥ (½ carb)
    Dressing: Italian, Ranch or French
  Lite Italian or Lite Ranch (½ carb)
Sides
  Bread Stuffing (1½ carbs)
  Mashed Potatoes ♥ (1 carb)
  Cut Green Beans ♥ (½ carb)
Desserts
  Diced Peaches ♥ (1 carb)
  Strawberry Layer Cake (2 carbs)

DINNER
Soup of the Day
Stuffed Pepper Soup (1 carb)
Salad
  Garden Salad ♥
    Dressing: Italian, Ranch, or French
Your Choice of Entrée
  Baked Ziti with Meat Sauce ♥ (3 carbs)
  Baked Salmon ♥
Sides
  Rice Pilaf ♥ (1 carb)
  Broccoli Florets ♥ (½ carb)
Desserts
  Sugar Cookie (1 carb)
  Fresh Fruit Cup ♥ (1 carb)

Monday

LUNCH
Soup of the Day
Potato Chowder (1½ carbs)
Salad
  Coleslaw (½ carb)
Your Choice of Entrée
  Breaded Chicken Breast ♥ (1 carb)
  Three Cheese Flatbread Pizza (3½ carbs)
Sides
  Potato and Cheese Pierogies (1½ carb)
  Capri Blend Vegetables ♥ (½ carb)
Desserts
  Chocolate Pudding ♥ (1½ carbs)
  Tropical Fruit Cup ♥ (1 carb)

DINNER
Soup of the Day
Potato Chowder (1½ carbs)
Salad
  Spinach Salad ♥
    Dressing: Italian, Ranch, or French
Your Choice of Entrée
  Meatloaf with Gravy (1 carb)
  Ranch Turkey Wrap (1½ carbs)
Sides
  Parslied Potatoes ♥ (1 carb)
  Sliced Carrots ♥ (½ carb)
Desserts
  Bread Pudding Bites ♥ (2 carbs)
  Diced Pears ♥ (1 carb)
Daily Specials (continued)

Tuesday

**LUNCH**

Soup of the Day
- Beef Barley Soup ♥ (½ carb)

Salad
- Mandarin and Beet Salad ♥ (½ carb)

Your Choice ofEntrée
- Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
- Trio Salad Platter (1½ carbs)
  - *Chicken, Tuna, and Egg Salads with Crackers*

Sides
- Mashed Potatoes ♥ (1 carb)
- Mixed Vegetables ♥ (½ carb)

Desserts
- Pineapple Tidbits ♥ (1 carb)
- Chocolate Layer Cake (2½ carbs)

**DINNER**

Soup of the Day
- Beef Barley Soup ♥ (½ carb)

Salad
- Cottage Cheese and Peaches ♥ (1 carb)

Your Choice of Entrée
- Stuffed Chicken Breast with Gravy (1 carb)
- Baked Salmon ♥

Sides
- Rice Pilaf ♥ (1 carb)
- Cut Green Beans ♥ (½ carb)

Desserts
- Apple Pie (3 carbs)
- Fresh Fruit Cup ♥ (1 carb)

Wednesday

**LUNCH**

Soup of the Day
- Cream of Tomato Soup (1½ carbs)

Salad
- Garden Salad ♥
  - *Dressing: Italian, Ranch, or French*

Your Choice of Entrée
- Grilled Cheese Sandwich (2 carbs)
- Beef Stew (1½ carbs)
  - *with a Biscuit (add 1½ carbs)*

Sides
- Chopped Spinach ♥

Desserts
- Chocolate Chip Cookie (1 carb)
- Applesauce ♥ (1 carb)

**DINNER**

Soup of the Day
- Cream of Tomato Soup (1½ carbs)

Salad
- Tropical Fruit Cup ♥ (1 carb)

Your Choice of Entrée
- Swiss Steak with Gravy (1 carb)
- Chicken Breast in a Savory Lemon Sauce ♥ (½ carb)

Sides
- Baked Potato ♥ (2 carbs)
- Broccoli and Cauliflower Blend ♥ (½ carb)

Desserts
- Vanilla Pudding ♥ (1½ carbs)
- Angel Food Cake ♥ (1½ carbs)
  - *with Strawberry Sauce (add 1 carb)*
### Thursday

**LUNCH**
- **Soup of the Day**
  - Italian Wedding Soup (1/2 carb)
- **Salad**
  - Potato Salad (1 1/2 carbs)
- **Your Choice of Entrée**
  - Hamburger on a Bun (2 carbs)
  - Select: Lettuce, Tomato, Pickles, Onion, Ketchup, Mustard, Light Mayonnaise
  - Chicken Parmesan (1 carb)
- **Sides**
  - Penne Pasta with Marinara Sauce ♥ (1 1/2 carbs)
  - Cut Green Beans ♥ (1/2 carb)
- **Desserts**
  - Oatmeal Raisin Cookie (1 carb)
  - Fresh Fruit Cup ♥ (1 carb)

**DINNER**
- **Soup of the Day**
  - Italian Wedding Soup (1/2 carb)
- **Salad**
  - Garden Salad ♥
    - Dressing: Italian, Ranch, or French
- **Your Choice of Entrée**
  - Beef Pot Roast ♥
  - Grilled Chicken Salad ♥ (1/2 carb)
    - Dressing: Italian, Ranch or French
    - Lite Italian or Lite Ranch (1/2 carb)
- **Sides**
  - Herb Roasted Redskin Potatoes ♥ (1 1/2 carbs)
  - Peas and Carrots ♥ (1/2 carb)
- **Desserts**
  - Shortbread Cookies (1 1/2 carbs)
  - Diced Peaches ♥ (1 carb)

### Friday

**LUNCH**
- **Soup of the Day**
  - Garden Vegetable Soup (1/2 carb)
- **Salad**
  - Coleslaw (1/2 carb)
- **Your Choice of Entrée**
  - Macaroni and Cheese Casserole (1 1/2 carbs)
  - Potato-crusted Cod ♥ (1/2 carb)
- **Sides**
  - Roasted Sweet Potatoes (1 carb)
  - Stewed Tomatoes ♥ (1/2 carb)
  - Broccoli Florets ♥ (1/2 carb)
- **Desserts**
  - Lemon Meringue Pie (2 1/2 carbs)
  - Mandarin Oranges ♥ (1 carb)

**DINNER**
- **Soup of the Day**
  - Garden Vegetable Soup (1/2 carb)
- **Salad**
  - Applesauce ♥ (1 carb)
- **Your Choice of Entrée**
  - Hot Roast Turkey Sandwich with Gravy ♥ (1 carb)
  - Cottage Cheese and Fresh Fruit Plate ♥ (2 1/2 carbs)
- **Sides**
  - Mashed Potatoes ♥ (1 carb)
  - Whole Baby Carrots ♥ (1/2 carb)
- **Desserts**
  - Fresh Fruit Cup ♥ (1 carb)
  - Fudge Brownie (2 1/2 carbs)
Daily Specials

Saturday

LUNCH
Soup of the Day
   Broccoli Cheese Soup (1 carb)
Salad
   Greek Salad
      Dressing: Italian, Ranch, or French
Your Choice of Entrée
   Grilled Chicken Sandwich on a Wheat Bun ♥ (1½ carbs)
      Select: Lettuce, Tomato, Ketchup, Mustard, Light Mayonnaise
   Penne Pasta with Marinara Sauce ♥ (3 carbs)
Sides
   Potato Wedges (1½ carbs)
   Key West Blend Vegetables ♥ (½ carb)
   Breadstick (1 carb)
Desserts
   SnackWell’s® Vanilla Cookies ♥ (1 carb)
   Tapioca Pudding ♥ (1½ carbs)

DINNER
Soup of the Day
   Broccoli Cheese Soup (1 carb)
Salad
   Garden Salad ♥
      Dressing: Italian, Ranch, or French
Your Choice of Entrée
   Salisbury Steak with Gravy (½ carb)
   Chicken Tenders (1½ carbs)
Sides
   Noodles ♥ (1 carb)
   Whole Kernel Corn ♥ (1 carb)
Desserts
   Chocolate Chip Cookie (1 carb)
   Fresh Fruit Cup ♥ (1 carb)
### Also Available

#### SOUPS
- Chicken Noodle ♥ (½ carb)
- Cream of Tomato (1½ carbs)
- Toy Tomato (1½ carbo)

#### HOT ENTRÉES
- Baked Chicken Breast ♥
- Baked Salmon ♥
- Macaroni and Cheese Casserole (1½ carbs)
- Three Cheese Flatbread Pizza (3½ carbs)

#### COLD ENTRÉE/SALAD
- Dressing: Italian, Ranch, or French
- Oil and Vinegar
- Lite Italian or Lite Ranch (½ carb)
- Cottage Cheese and Fresh Fruit Plate ♥ (2½ carbs)
- Cottage Cheese and Canned Fruit Plate ♥ (2½ carbs)
- Grilled Chicken Salad ♥ (½ carb)
- Large Garden Salad ♥ (½ carb)
- Trio Salad Platter (1½ carbs)
  (Chicken, Tuna, and Egg Salads with Crackers)

#### HOT SANDWICHES
- Grilled Cheese Sandwich (2 carbs)
- Hamburger*
- Garden Burger on a Wheat Bun (2½ carbs)
- Cheeseburger*
- Hot Dog (1½ carbs)
  Grilled Chicken Sandwich* ♥
  *Choice of White Bun (2 carbs) or Wheat Bun (1½ carbs)

#### COLD SANDWICHES
- Bread - Your choice of Whole Wheat (1½ carbs) or White Bread (2 carbs)
- Toppings - Lettuce, Tomato, Onions, Dill Pickles
- Condiments - Light Mayonnaise, Mustard, Ketchup
- Turkey Sandwich ♥
- Turkey and Swiss Cheese Sandwich
- Ham Sandwich
- Ham and American Cheese Sandwich
- Chicken Salad Sandwich
- Tuna Salad Sandwich
- Egg Salad Sandwich
- Peanut Butter and Jelly Sandwich (3 carbs)
- Scoop of Chicken Salad with Crackers (1 carb)
- Scoop of Tuna Salad with Crackers (1 carb)
- Scoop of Egg Salad with Crackers (1 carb)
## STARCHES
- Mashed Potatoes ♥ (1 carb)
- Potato Wedges (1 1/2 carbs)
- Baked Potato ♥ (2 carbs)
- Steamed Rice ♥ (1 carb)
- Seashell Noodles ♥ (1 carb)
- Baked Sweet Potato ♥ (2 carbs)

## VEGETABLES
- Cut Green Beans ♥ (1/2 carb)
- Sliced Carrots ♥ (1/2 carb)

## SIDE SALADS
- Garden Salad ♥
- Cottage Cheese and Peaches ♥ (1 carb)
- Celery and Carrot Sticks ♥
  - with Lite Ranch Dressing (1/2 carb)
  - with Hummus Cup (1/2 carb)
- Hard Cooked Egg

## BREADS/ROLLS/BAGELS
- Dinner Roll ♥ (1 carb)
- Cinnamon Raisin Bagel ♥ (2 1/2 carbs)
- Whole Wheat Bread ♥ (1 carb)
- Saltine Crackers (3 packets = 1 carb)
- White Bread ♥ (1 carb)
- Salt-free Crackers ♥ (3 packets = 1 carb)
- Plain Bagel ♥ (2 carbs)

## CONDIMENTS
- Salt
- Pepper
- Mrs. Dash®
- Margarine or Butter
- Lite Cream Cheese
- Peanut Butter (1/2 carb)
- Assorted Jelly (1/2 carb)
- Assorted Diet Jelly
- Lemon
- Honey (1 carb)
- Ketchup
- Mustard
- Light Mayonnaise
- Barbecue Sauce (1 carb)
- Sour Cream
- Tartar Sauce
- Parmesan Cheese
- Hot Sauce

## SNACKS
- White Cheddar Popcorn (1/2 carb)
- Peanut Butter and Crackers (1 carb)
- Potato Chips (1 carb)
- Baked Potato Chips (1 1/2 carbs)
- Pretzels (1 carb)
# Desserts

## FRUIT
- Applesauce ♥ (1 carb)
- Diced Peaches ♥ (1 carb)
- Stewed Prunes ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Banana ♥ (2 carbs)
- Red Grapes ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)

## CAKES AND COOKIES
- Angel Food Cake ♥ (1½ carbs) *with Strawberry Sauce (add 1 carb)*
- SnackWell’s® Vanilla Cookies ♥ (1 carb)
- Shortbread Cookies (1½ carbs)

## YOGURT
### Fruited Yogurt
- Peach ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
### Greek Yogurt
- Vanilla ♥ (½ carb)
- Strawberry ♥ (1 carb)
### Yogurt Whips
- Orange Crème ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)

### Light Yogurt
- Vanilla ♥ (1 carb)
- Strawberry Banana ♥ (1 carb)

## PUDDING
- Vanilla ♥ (1½ carbs)
- Chocolate ♥ (1½ carbs)
- Tapioca ♥ (1½ carbs)
- Diet Vanilla ♥ (1 carb)
- Diet Chocolate ♥ (1 carb)
- Vanilla Custard ♥ (1½ carbs)

## GELATIN ♥
- Orange ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
- Diet Orange ♥
- Diet Strawberry ♥

## FROZEN DESSERTS
### Ice Cream
- Vanilla (1 carb)
- Chocolate (1 carb)
- Orange ♥ (1½ carbs)
### Fruit Ice
- Raspberry ♥ (2 carbs)
- Lemon ♥ (1½ carbs)
### Popsicles®
- Assorted Flavors ♥ (½ carb)
- Sugar-free Popsicles® Assorted Flavors ♥
### Frozen Yogurt
- Vanilla ♥ (1 carb)
## Beverages

### COFFEE

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<tbody>
<tr>
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<tr>
<td>Decaf ♠</td>
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### TEA

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<td>Black ♠</td>
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<tr>
<td>Green ♠</td>
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<td>Decaf</td>
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<tr>
<td>Black ♠</td>
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<td>Chamomile ♠</td>
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### ACCOMPANIMENTS

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<td>Non-Dairy Creamer ♠</td>
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<tr>
<td>Sweet’N Low® or Splenda®</td>
<td>Honey (1 carb)</td>
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<td>Half and Half Creamer</td>
<td>Lemon</td>
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### HOT CHOCOLATE

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### MILK

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<td>2% ♠</td>
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<td>Whole</td>
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<td>Fat-free Chocolate</td>
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<tr>
<td>Vanilla Soy ♠</td>
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<tr>
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### SODA

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<td>Pepsi®</td>
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<td>Diet Pepsi®</td>
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<tr>
<td>Ginger Ale</td>
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### OTHER

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<tr>
<td>Diet Decaf Iced Tea</td>
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<td>Diet Lemonade</td>
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