

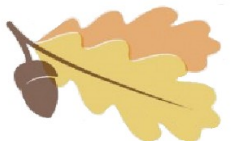
Shady Oaks Assisted Living Center Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	<p>Select two of the following:</p> <p>Cold Cereal* Fruit Bowl Veggie Omelet Brown Butter Banana Muffin</p> <p>Assorted Juice and Beverages**</p>	<p>Select two of the following:</p> <p>Cold Cereal Fruit Bowl Oatmeal Pancakes Cinnamon Rolls w/ Icing</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following:</p> <p>Cold Cereal Fruit Bowl Scrambled Eggs and Hash Browns Blueberry Muffin</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following:</p> <p>Cold Cereal Fruit Bowl Biscuits and Gravy Raspberry Banana Scone</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following:</p> <p>Cold Cereal Fruit Bowl Eggs Benedict Walnut Banana Bread</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following:</p> <p>Cold Cereal Fruit Bowl Belgian Waffles Country Grits</p> <p>Assorted Juice and Beverages</p>
Lunch	<p>Please Specify Main Selection</p> <p>Herb-Crusted Salmon OR Herb-Baked Chicken Rice Pilaf Sautéed Green Beans Vanilla Cake w/ Lemon Buttercream</p> <p>Assorted Juice and Beverages</p>	<p>Home-Style Macaroni & Cheese Sliced Honey-Spiral Ham Cornbread Muffin Steamed Broccoli Raspberry Jell-O w/ Whipped Cream</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Grilled Cheese Sandwich & Tomato Basil Soup OR Turkey Cilantro Sandwich & Broccoli Cheese Soup OR Chef Salad Strawberry Smoothie</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Beef Stir Fry OR Asian Chicken Burger Pot Stickers Cherry Cheesecake</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Apricot Chicken OR Apricot-Ginger Pork Chops Buttermilk Mashed Potatoes Swiss Chard w/ Toasted Breadcrumbs Mini Blackberry & Ginger Trifle</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Chicken Salad Sandwich OR Turkey Reuben Sandwich Tomato Cucumber Salad French Onion Soup Peach Cobbler w/ Vanilla Ice Cream</p> <p>Assorted Juice and Beverages</p>
Dinner	<p>Please Specify Main Selection</p> <p>Lasagna OR Fettuccine Alfredo Romaine Lettuce Salad Garlic Breadsticks Warm Apple Crisp w/ Vanilla Ice Cream</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Fried Rice With Eggs, Bacon, & Veggies OR Asian Noodle Bowl With Flank Steak & Garlic Pork Egg Rolls Glazed Carrots Raspberry or Strawberry Sorbet</p> <p>Assorted Juice and Beverages</p>	<p>Zesty Grilled Chicken Rotini Pasta With clear gravy, marinara, or alfredo sauce California Vegetables carrots, broccoli, cauliflower Banana Pudding w/ Vanilla Wafers</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Chicken Enchilada Verde OR Steak Quesadilla With peppers, mushrooms, tomatoes, and cheese Black Beans Chewy Chocolate Chip Cookie</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>Italian Meatball Soup OR Black Bean Soup Spinach Salad w/ Mandarin Oranges Breadstick or Roll Strawberry Cheesecake Bars</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection</p> <p>BBQ Chicken OR Turkey Pot Pie Roasted Asparagus Fruit Cocktail Red Velvet Cupcake w/ Cream Cheese Frosting</p> <p>Assorted Juice and Beverages</p>
Evening Snack	<p>Select one of the following:</p> <p>Cottage Cheese & Peaches Snack Crackers & Pudding Cup Chocolate Chip Cookies & Low-Fat Milk</p>	<p>Select one of the following:</p> <p>Melon Salad w/ Ginger Simple Syrup and Mint Oatmeal Crème Pie</p>	<p>Select one of the following:</p> <p>Peach & Raspberry Cobbler Dark Chocolate Brownie Trail Mix</p>	<p>Select one of the following:</p> <p>Applesauce plain or cinnamon Frozen Yogurt vanilla, chocolate, chocolate mint Cheese and Crackers</p>	<p>Select one of the following:</p> <p>Cinnamon Apple Turnovers Carrot Cake Fruit Smoothies</p>	<p>Select one of the following:</p> <p>Yogurt w/ Mixed Berries Hardboiled Egg Kettle Corn</p>

*Cereal Options: Raisin Bran, Rice Krispies, Cheerios, Frosted Flakes, Cinnamon Toast Crunch

**Juice and Beverages always available: Orange Juice, Cranberry Juice, Apple Juice, V-8 Juice, Coffee, Tea, Milk, Water

Fresh Fruit Choices are always available



Menu Planning Assignment

Team G: Upscale Assisted Living Center

“Shady Oakes Assisted Living Facility Menu”

Team Members: Jeannine Skinner, Melissa Stephens, Juliette Soelberg,
McKenzie Smith, Brittany Scott, Carmody Sagers

November 7, 2011

Day 1

Breakfast

Can choose two of the following:

- ❖ Cold Cereal*, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Veggie Omelet, 1 each --Ordering Premade
 - eggs, 2 each
 - bell peppers, mushrooms
 - cheddar cheese, .5 ounce
- ❖ Brown Butter Banana Muffin, 1 large
 - banana, 1/3 of a banana
- ❖ Assorted Juices and Beverages**, 8 ounces

*Varieties available: Raisin Bran, Rice Krispies, Cheerios, Frosted Flakes, Cinnamon Toast Crunch

**Available: Orange Juice, Cranberry Juice, Apple Juice, V-8 Juice, Coffee, Tea, Milk, Water

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounces protein
½ cup vegetables
1/3 cup dairy
3 ounces grains
1/3 cup fruit
varies

Lunch

Please specify main selection

- ❖ Herb-Crusted Salmon OR Herb-Baked Chicken, 4 ounces
 - salmon fillet OR chicken breast
 - white bread, 1 slice
 - fresh parsley and dill
 - dijon mustard
 - garnished with lemon wedge and a dill sprig
- ❖ Rice Pilaf, 6 oz scoop (¾ cup)
 - wild grain rice, ¾ cup
 - dried cranberries, 1 ounce
 - fresh parsley
- ❖ Sautéed Green Beans, ½ cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Vanilla Cake with Lemon Buttercream, 3x3 inch slice

4 ounces protein
1 ounce grains

1.5 ounces grains
1/8 cup fruit

½ cup vegetables
varies

Dinner

Please specify main selection

- ❖ Lasagna, 8 ounce portion
 - pasta, 1 cup
 - tomato sauce, ¼ cup

2 ounces grains
¼ cup vegetables

--ground beef, 1 ounce	1 ounce protein
--mixed cheeses, 2 ounces	¼ cup dairy
OR	
❖ Fettuccine Alfredo, 8 ounce portion	
--pasta, 1 cup	2 ounces grains
--cream cheese, parmesan cheese	¼ cup dairy
--2% milk	¼ cup dairy
❖ Garlic Breadsticks, 2 each	2 ounces grains
❖ Romaine Lettuce Salad, 1 cup	
--romaine lettuce, 1 cup	½ cup vegetables
--sliced tomato, cucumber, shredded carrots	½ cup vegetables
❖ Assorted Juices and Beverages, 8 ounces	varies
❖ Warm Apple Crisp with Vanilla Ice Cream, 1 cup	
--apple slices	½ cup fruit
--vanilla ice cream, 1 scoop	1/3 cup dairy

Evening Snack

Can choose one of the following:

❖ Cottage Cheese with Peaches	
--cottage cheese, ½ cup	¼ cup dairy
--peaches, ½ cup	½ cup fruit
❖ Snack Crackers and a Pudding Cup	
--pack of crackers	1 ounce grains
--pudding cup, 6 ounces	¾ cup dairy
❖ Chocolate Chip Cookies and Low-Fat Milk	
--chocolate chip cookies, 2 each	1 ounce grains
--low-fat milk, 8 ounces	1 cup dairy

Total My Plate Tally:

Fruits	2 1/3 cups
Vegetables	2 ¼ cups
Grains	14 ½ ounces
Protein	7 ounces
Dairy	4 1/3 cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 2

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
--with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Oatmeal Pancakes with Maple Syrup, 3 each, 4-in
--oatmeal pancakes
- ❖ Cinnamon Rolls with Icing, 1 large each
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

3 ounces grains
3 ounces grains
varies

Lunch

- ❖ Home-style Macaroni and Cheese, $\frac{3}{4}$ cup
--macaroni pasta
--mixed cheeses & milk
--breadcrumb topping
- ❖ Sliced Honey-Spiral Ham, 2 small slices
--honey ham
- ❖ Cornbread Muffin, 1 each
- ❖ Steamed Broccoli, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Raspberry Jell-O with Whipped Cream, $\frac{1}{2}$ cup

1.5 ounces grains
 $\frac{1}{2}$ cup dairy
 $\frac{1}{4}$ ounce grains

3 ounces protein
1 ounce grains
1 cup vegetables
varies

Dinner

Please specify main selection

- ❖ Fried Rice, 1 $\frac{1}{4}$ cup
--brown rice, $\frac{3}{4}$ cup
--scrambled eggs, 1 each
--bacon, $\frac{1}{2}$ slice
--celery, green onion, mushrooms, peas, water chestnuts
--green onion garnish

OR

- ❖ Asian Noodle Bowl, 1 bowl (2 cups)
--beef broth
--rice noodles
--green onions
--flank steak strips
--ginger, garlic, soy sauce
--toasted sesame seed garnish

1.5 ounces grains
1 ounce protein
 $\frac{1}{2}$ ounce protein
 $\frac{1}{2}$ cup vegetables

1 ounce grains

2 ounces protein

❖ Pork Egg Rolls, 1 small	
--pork	1 ounce protein
--cabbage, green onion, carrots	¼ cup vegetables
❖ Glazed Carrots, ½ cup	½ cup vegetables
❖ Assorted Juices and Beverages, 8 ounces	varies
❖ Raspberry or Strawberry Sorbet, ½ cup	
--1/4 cup fruit puree	¼ cup fruit

Evening Snack

Can choose one of the following:

❖ Melon salad, 1 cup	
--watermelon, cantaloupe, honeydew	1 cup fruit
--ginger simple syrup	
--mint	
❖ Oatmeal Creme Pie, 1 each	1 ounce grains

Total My Plate Tally:

Fruit	2 ¼ cups
Vegetables	2 ¼ cups
Grains	13 ¼ ounces
Protein	7 ½ ounces
Dairy	2 ½ cups**

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

** I figured in 1 cup of milk for dinner.

Day 3

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Scrambled Eggs and Southwestern Hash Browns
 - eggs, 2 each
 - cilantro
 - shredded hash browns, 1 cup
 - diced bell peppers, corn, onion
 - shredded cheddar cheese
- ❖ Small Blueberry Muffin, 2 ½ in
 - blueberries
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounces protein

1 cup vegetables
½ cup vegetables
½ cup dairy
1 ounce grains
¼ fruit
varies

Lunch

Please Specify Main Selection

- ❖ Grilled Cheese Sandwich & Tomato Basil Soup, 1 each & 2 cups
 - wheat bread, 2 slices
 - cheddar and colby jack cheese
 - ripe tomatoes, yellow onion, carrots
 - basil, garlic, orange and lemon zest, brown sugar, broth
- OR
- ❖ Turkey Cilantro Sandwich with Broccoli Cheese Soup, 1 each & 2 cups
 - turkey slices
 - wheat bread, 2 slices
 - spinach or lettuce, pesto spread, cilantro
 - broccoli
 - cheese, milk
- OR
- ❖ Chef Salad, 2 cups
 - mixed greens- chopped romaine, spinach, spring greens
 - tomato wedges, green onions
 - shredded cheese
 - cubed turkey & ham
 - scrambled eggs
 - olives
- ❖ Choice of Salad Dressing: Ranch, Caesar, Blue Cheese, Italian, Thousand Island, Raspberry Vinaigrette
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Strawberry Smoothie, 12 oz

2 ounces grains
½ cup dairy
1 ½ cups vegetables

2 ounces protein
2 ounces grains
¼ cup vegetables
¼ cup vegetables
½ cup dairy

1 cup vegetables
½ cup vegetables
½ cup dairy
1 ounce protein
1 ounce protein

varies
1 cup fruit

--strawberries, sprite, ice cubes

Dinner

- ❖ Zesty Grilled Chicken, 1 each
 - chicken flavored with lemon, cracked black pepper 3 ounces protein
- ❖ Rotini Pasta, 1 cup
 - rotini pasta, 1 cup 2 ounces grains
 - sauce choices: clear gravy, marinara sauce, alfredo sauce
- ❖ California Vegetables, ½ cup
 - carrots, broccoli, onion, cauliflower ½ cup vegetables
- ❖ Assorted Juices and Beverages, 8 ounces
 - varies
- ❖ Banana Pudding, 1 cup
 - vanilla pudding, ½ cup ½ cup dairy
 - banana slices, 8 each ¼ cup fruit
 - vanilla wafers, 8 each ½ ounce grains

Evening Snack

Can choose one of the following:

- ❖ Fresh Peach and Raspberry Cobbler, ¾ cup
 - peaches, raspberries ½ cup fruit
 - crumble topping, almonds, cinnamon
- ❖ Dark Chocolate Brownie, 1 ½ in square
- ❖ Trail Mix, 1 ½ cups
 - cereal squares ¾ cup ¾ ounce grains
 - peanuts & almonds, 2 Tb. ½ ounce protein
 - raisins, 2 Tb. ¼ cup fruit
 - M&M candies, 2 Tb.

Total My Plate Tally:

Fruit	3 ¼ cups
Vegetables	5 ½ cups
Grains	9 ¼ ounces
Protein	9 ½ ounces
Dairy	3 ½ cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 4

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Biscuits & Gravy
 - 2 small biscuits, 2 in.
 - sausage gravy, 1/3 c
 - 1/4 c milk
 - 1 1/2 ounce sausage
- ❖ Raspberry Banana Scone, 1 large
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounce grains

1/4 c dairy
1 1/2 ounce protein
3 ounces grains
varies

Lunch

Please Specify Main Selection

- ❖ Beef Stir Fry, 2 cups
 - white rice, 1 cup
 - steak, 2 ounces
 - peppers, onions, carrots, broccoli
- OR
- ❖ Asian Chicken Burger, 1 each
 - whole wheat sesame bun
 - ground chicken patty
 - carrots, red onions, mushrooms
 - hoi sin sauce, ginger, Asian chili sauce, soy sauce, lime juice
- ❖ Pot Stickers, 1 each
 - wonton wrappers, 1 each
 - cabbage, onion, water chestnuts, ginger
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Cherry Cheesecake, 1 slice

1.5 ounces grains
2 ounces protein
1 cup vegetables

2 ounces grains
3 ounces protein
1/4 cup vegetables

1 ounce grains
1/4 cup vegetables
varies

Dinner

Please specify main selection

- ❖ Creamy Chicken Enchilada Verde, 1 each
 - flour tortillas, 10 inch
 - shredded chicken breast
 - cheddar cheese

3 ounces grains
2 ounces protein
1 cup dairy

--onions, green chiles, salsa verde, cilantro	1 cup vegetables
--lime wedge garnish	
OR	
❖ Steak Quesadilla, 2 each	
--6-inch flour tortillas, 2 each	2 ounces grains
--grilled steak strips	3 ounces protein
--green pepper, tomato, onion, mushrooms	2 cups vegetables
--mozzarella cheese	¾ c dairy
--garlic, cilantro	
❖ Black Beans, ½ cup	½ cup vegetables
❖ Assorted Juices and Beverages, 8 ounces	varies
❖ Chewy Chocolate Chip Cookie, 1 each	

Evening Snack

Can choose one of the following:

❖ Applesauce, 1 cup	1 cup fruit
--cinnamon available	
❖ Frozen Yogurt, 1 cup	1 cup dairy
--vanilla, chocolate, chocolate mint available	
--toppings: chocolate syrup, mini chocolate candies, whipped cream	
❖ Cheese and Crackers	
--cheddar cheese, 7 small slices	2 cups dairy
--saltine crackers, 7 each	1 ounce grains

Total My Plate Tally:

Fruit	2 cups
Vegetables	5 cups
Grains	16.5 ounces
Protein	11.5 ounces
Dairy	6 cups

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Day 5

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Eggs Benedict, 1 each
 - 1 egg
 - Canadian bacon, 1 slice
 - 1/2 English muffin
 - Hollandaise sauce
- ❖ Walnut Banana Bread, 2 slices
 - butter, water, sugar, flour, eggs, vanilla, salt, soda, nuts
 - bananas
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

1 ounce protein
1 ounce grains

¼ cup fruit
varies

Lunch

Please Specify Main Selection

- ❖ Glazed Pork Chops with Apricot-Ginger Sauce, 1 each
 - boneless loin pork chop
 - salt, garlic powder, onion powder, pepper, garlic, ginger
 - olive oil, butter, chicken broth, apricot-pineapple preserves
- OR
- ❖ Apricot Chicken, 1 each
 - chicken breast
 - apricot jam
 - Russian salad dressing
 - curry powder, dry onion soup mix
- ❖ Buttermilk Mashed Potatoes, 1 cup
- ❖ Swiss Chard with Toasted Breadcrumbs, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Mini Blackberry and Ginger Trifle, 1 each
 - pound cake
 - fresh blackberries
 - heavy cream
 - ginger, sugar

2 ounces protein

2 ounces protein

1 cup vegetables
1 cup vegetables
varies

1 ounce grains
1 cup fruit

Dinner

Please specify main selection

- ❖ Italian Meatball Soup, 2 cups
 - Italian meatballs
 - crushed tomatoes, carrots, spinach, onion
 - macaroni noodles
 - garlic, Italian seasoning, chicken broth, water, olive oil

1 ounce protein
¼ cup vegetables
½ ounce grains

OR

- ❖ Black Bean Soup, 1 bowl-2 cups
 - olive oil, beef broth
 - carrots, celery, onion, green chilies
 - black beans
 - salt, pepper, garlic, chili powder, cumin, oregano, bay leaf, lime juice

Optional toppings:

 - sour cream, tortilla chips, shredded cheese, cilantro
 - ❖ Spinach Mandarin Poppyseed Salad, 2 cups
 - baby spinach, roman lettuce
 - red onion, avocado, mozzarella, bacon
 - mandarin oranges
 - Poppyseed dressing
 - ❖ Breadstick or Roll, 1 each
 - ❖ Assorted Juices and Beverages, 8 ounces
 - ❖ Strawberry Cheesecake Bars, 1 each
 - pecan sandies cookies
 - butter, cream cheese, sour cream, eggs
 - vanilla, almond extract, sugar, salt
 - strawberry sauce, strawberries
- ½ cup vegetables
1 ounce protein
2 cups vegetables
¼ cup fruit
1 ounce grains
varies
¼ cup fruit

Evening Snack

Can choose one of the following:

- ❖ Cinnamon Apple Turnovers, 1 each
 - green apples
 - brown sugar, cinnamon, flour
 - butter, sugar, powdered sugar, vanilla, milk
 - ❖ Carrot Cake, 1 piece
 - ❖ Fruit Smoothie, 16 ounces
 - mangos, peaches, raspberries
 - plain yogurt
 - milk
- 1 ounce grains
¼ cup fruit
1 ounce grains
3 ½ cups fruit
½ cup dairy
½ cup dairy

Total My Plate Tally:

Fruit	6 ½ cups
Vegetables	4 ¾ cups
Grains	6.5 ounces
Protein	7 ounces
Dairy	2 cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 6

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
--with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Belgian Waffles with syrup, 2 each
- ❖ Country Grits with Butter, $\frac{3}{4}$ cup
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit
2 ounces grains
1 $\frac{1}{2}$ ounces grains
varies

Lunch

Please specify main selection

- ❖ Chicken Salad Sandwich on Croissant Roll, 1 each
--chicken salad, 1 cup
--celery, water chestnuts
--croissant, 1-2.4 ounce
- OR
- ❖ Turkey Reuben Sandwich, 1 each
--grilled Rye Bread, 2 slices
--Swiss Cheese, 2 slices
--sauerkraut, $\frac{1}{2}$ cup
--thin sliced turkey breast, 4 slices
- ❖ Tomato Cucumber Salad with Oil and Vinegar, 1cup
- ❖ French Onion Soup, 1 $\frac{1}{2}$ cups
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Peach Cobbler with Vanilla Ice Cream, 1 cup
--sliced peaches
--vanilla ice cream, $\frac{1}{2}$ cup

4 ounces protein
 $\frac{1}{4}$ cup vegetables
2 $\frac{1}{2}$ ounces grains

2 ounces grains
1 cup dairy
 $\frac{1}{2}$ cup vegetables
4 ounces protein
1 cup vegetables
 $\frac{1}{2}$ cup vegetables
varies

$\frac{1}{2}$ cup fruit
 $\frac{1}{2}$ cup dairy

Dinner

Please specify main selection

- ❖ BBQ Chicken, 1 each
- OR
- ❖ Turkey Pot Pie, 1 each
--pastry, 4-in circle
--peas, carrots, corn
--cubed turkey
- ❖ Roasted Asparagus, $\frac{3}{4}$ cup
- ❖ Fruit Cocktail, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Red Velvet Cupcake with Cream Cheese Frosting, 1 each

3 $\frac{1}{2}$ ounces protein

1 ounce grains
 $\frac{1}{4}$ cup vegetables
1 $\frac{1}{2}$ ounces protein
 $\frac{3}{4}$ cup vegetables
1 cup fruit
varies

Evening Snack

Can choose one of the following:

- ❖ Yogurt with Mixed Berries
 --mixed berries, 1 cup
- ❖ Hardboiled Egg, 1 each
- ❖ Kettle Corn, 3 cups

1 cup dairy
1 cup fruit
1 ounce protein
1 ounce grains

Total My Plate Tally:

Fruits	3 ½ cups
Vegetables	3 ¼ cups
Grains	11 ½ ounces
Protein	14 ounces
Dairy	3 ½ cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.