

# LOW FAT, LOW CHOLESTEROL DIET MENU

## BREAKFAST

Assorted Cereal	Nature Valley®
Blueberry Muffin	Oatmeal Raisin Bar
Cream of Wheat®	Oatmeal
French Toast Sticks	Pancakes
Hard-Boiled Egg	Scrambled Eggs
Grits	Tater Tots
Nature Valley®	Toast ( <i>White &amp; Whole Wheat</i> )
Chocolate Chunk Bar	Yogurt

## ENTRÉES

BBQ Chicken Thigh	Mediterranean
Black Bean Burger	Hummus Plate
Caribbean Red Beans & Rice	Pasta with Marinara
Chicken Taco ( <i>no cheese</i> )	Three Bean Chili
Crispy Baked Tofu	Vegetable Fried Rice
Cuban Black Beans & Rice	
Fruit Plate	
Grilled Chicken Breast	

## BUILD A SANDWICH

White Bread  
Whole Wheat Bread  
Wrap

Deli Turkey  
Grilled Chicken Breast

Provolone Cheese  
Swiss Cheese

Lettuce	Red Onion
Pickles	Tomato

## SOUP & SALAD

Beef Broth	Caesar Salad
Chicken Broth	Chicken Caesar Salad
Chicken Noodle Soup	Garden Salad
Tomato Soup	Caesar Dressing
Vegetable Broth	Fat Free Italian Dressing
Vegetable Soup	Fat Free Ranch
	Saltines

## FRUIT

Apple	Fresh Fruit Cup	Peaches
Applesauce	Grapes	Pears
Banana	Mandarins	Pineapple
Blueberries	Orange	Strawberries

## DESSERTS

Italian Ice	Orange Sherbet
Orange Gelatin	Popsicle

## SIDES & SNACKS

Baked Potato	Rice ( <i>Brown &amp; White</i> )
Garlic Bread	Smiley Fries
Hummus	Whipped Potatoes

### Vegetables

*Cooked:* Broccoli, Carrots, Corn, Green Beans, and Green Peas  
*Raw:* Broccoli, Carrots, Celery, and Cucumber

### Assorted Chips:

Goldfish®	Pretzels
Lay's® Baked Potato Chips	

## CONDIMENTS

Brown Sugar	Margarine
Cinnamon	Mustard
Honey	Salt & Pepper
Jelly	Syrup
Ketchup	

## BEVERAGES

2% Milk	Gatorade Zero®
Almond Milk ( <i>Chocolate &amp; Vanilla</i> )	Hot Cocoa
Bottled Water	Juice ( <i>Apple, Cranberry &amp; Orange</i> )
Carnation® Instant Breakfast ( <i>Chocolate &amp; Vanilla</i> )	Soda ( <i>Ginger Ale, Cola, Diet Cola &amp; Lemon Lime</i> )
Crystal Light®	Soy Milk ( <i>Chocolate &amp; Vanilla</i> )
Gatorade®	

