



CHOICE
KITCHEN

Name: _____ Date: _____

Choice Kitchen Diabetic Friendly Menu

Place your meal counts in the box.

Code	Name & Description	Meal Count	Side Selection
6001	Pot Roast w/ Gravy, Mashed Potatoes, California Blend Vegetables, Choose 1 Grain, Choose 1 Fruit, Milk   		
6002	Chicken Cacciatore, Mashed Potatoes, Broccoli, Choose 1 Grain, Choose 1 Fruit, Milk 		
6003	Hamburger w/ Wheat Bun, Peas, Choose 1 Fruit, Milk  		
6004	Cubed Steak w/ Mushroom Gravy, Mixed Vegetables, Collard Greens, Choose 1 Grain, Choose 1 Fruit Milk 		
6005	Pollock Almondine w/Tartar Sauce, Diced Carrots, Green Beans, Choose 1 Fruit, Milk   		
6006	Turkey Breast w/ Gravy, Roasted Sweet Potatoes, Green Beans, Choose 1 Grain, Choose 1 Fruit, Milk   		
6007	Beef & Cabbage Stew, Diced Carrots, Sliced Apples, Choose 1 Grain, Milk   		
6008	Italian Bowtie Pasta w/ Beef Broccoli, Red Peppers, Green Beans, Choose 1 Fruit, Milk   		
6009	Herb Marinated Chicken, Mashed Potatoes, Asparagus, Choose 1 Fruit, Choose 1 Grain, Milk  		
6010	Smothered Chicken w/ Gravy, Rice Pilaf, Collard Greens, Choose 1 Fruit, Milk  		
6011	Lemon Pepper Chicken, Broccoli, Mashed Potatoes, Choose 1 Fruit, Milk   		
6012	Vegetable Lasagna, Spinach, Capri Vegetables, Choose 1 Fruit, Milk   		
6013	Scrambled Eggs w/ Pork Sausage, Roasted Potatoes, Spiced Peaches, Choose 1 Grain, Milk   		
6014	Indiana Style Chili Mac, Green Beans, Diced Carrots, Choose 1 Fruit, Milk   		
6015	Braised Beef, Egg Noodles, Collard Greens, Diced Carrots, Choose 1 Grain, Milk   		
6016	Swedish Meatballs, Broccoli, Diced Carrots, Brown Rice, Choose 1 Fruit, Milk   		
6017	Chicken Parmesan, California Blend Vegetables, Roasted Potatoes, Choose 1Fruit, Milk  		
6018	Potato Pollock w/Tartar Sauce, Broccoli, Diced Carrots, Mashed Potatoes, Choose 1 Grain, Choose 1 Fruit, Milk   		
6019	Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Choose 1 Grain, Choose 1 Fruit, Milk   		
6020	Chicken & Noodles, Broccoli, Choose 1 Grain, Choose 1 Fruit, Milk    		

YOUR CHOICE OPTIONS

When your meal includes a choice, select one item from each applicable category below.

GRAIN OPTIONS

- Wheat Bread  
 - Dinner Roll  
 - Wheat Crackers  
 - Rice Krispies 
 - Raisin Bran 
- Toasted Oats 
 - Corn Flakes
 - Oatmeal
 - Whole Grain Corn Muffin    

FRUIT / JUICE OPTIONS

- Cranberry Juice
 - Grape Juice
 - Apple Juice
 - Orange Juice
 - Diced Pears
 - Diced Peaches
 - Strawberry Applesauce
- Cinnamon Applesauce
 - Applesauce
 - Tropical Fruit
 - Pineapple Tidbits
 - Mixed Fruit
 - Mandarin Oranges

Questions? 844-506-8487

Substitutions may be made if a product is not available. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Allergen Icon Key:

-  = Milk
-  = Tree Nuts
-  = Fish
-  = Sesame
-  = Egg
-  = Wheat
-  = Soy
-  = Peanuts
-  = Shell Fish