

# Sample One Day Menu

	Regular	Diabetic	Reduced Sodium	Pureed	Infant
Breakfast	<ul style="list-style-type: none"> <li>• Orange juice 6oz</li> <li>• Grits</li> <li>• Scrambled egg</li> <li>• Bacon</li> <li>• Biscuit/ Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim or 2% 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Orange juice 6oz</li> <li>• Grits</li> <li>• Scrambled egg</li> <li>• Bacon</li> <li>• Biscuit/ Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Orange juice 6oz</li> <li>• Grits</li> <li>• Scrambled egg – no salt when cooking</li> <li>• Biscuit/ Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Orange juice 6oz</li> <li>• Grits</li> <li>• Scrambled egg pureed</li> <li>• Biscuit/ Margarine pureed</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Formula and baby food</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Hamburger on bun</li> <li>• Potato chips</li> <li>• Peaches in juice</li> <li>• Cookie</li> <li>• Ketchup/ Mustard</li> <li>• Coffee or Tea</li> <li>• Milk skim or 2% 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger on bun</li> <li>• Potato chips</li> <li>• Peaches in juice</li> <li>• Sugar free cookie</li> <li>• Ketchup/ Mustard</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger (no salt when cooking) on bun</li> <li>• Potato chips</li> <li>• Peaches in juice</li> <li>• Cookie</li> <li>• Ketchup</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger on bun pureed</li> <li>• Mashed potatoes</li> <li>• Peaches in juice pureed</li> <li>• Cookie pureed</li> <li>• Ketchup/ Mustard</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Formula and baby food</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Turkey and gravy</li> <li>• Dressing</li> <li>• Carrots</li> <li>• Pears in juice</li> <li>• Bread 2 slices</li> <li>• Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim or 2% 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey and gravy</li> <li>• Dressing</li> <li>• Carrots</li> <li>• Pears in juice</li> <li>• Bread 2 slices</li> <li>• Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey and low sodium gravy</li> <li>• Dressing</li> <li>• Carrots</li> <li>• Pears in juice</li> <li>• Bread 2 slices</li> <li>• Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey and gravy pureed</li> <li>• Dressing pureed</li> <li>• Carrots pureed</li> <li>• Pears in juice pureed</li> <li>• Bread 2 slices</li> <li>• Margarine</li> <li>• Coffee or Tea</li> <li>• Milk skim 8oz</li> </ul>	<ul style="list-style-type: none"> <li>• Formula and baby food</li> </ul>

BCFS Health and Human Services. (2010, November). Guidance on planning for integration of functional needs support services in general population shelters. Retrieved from [http://www.fema.gov/pdf/about/odc/fnss\\_guidance.pdf](http://www.fema.gov/pdf/about/odc/fnss_guidance.pdf)