

Sample One Day Menu

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

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