

NOTE: See Additional Tabs in this Worksheet for Details on Recipes, Nutrient Info and Cost

Key Menu Influences 1. Most patients stay 3 days - so food can repeat on 4th day

2. Finger foods are ideal, paper spoon is the utensil

3. Emphasize food that is widely available

4. Focus on adolescent, not child food choices

5. Non-select is the default/regular choice

LEGEND

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| Indicates NEW Menu Item - EXISTING Ingredients |
| Indicates NEW Menu Item - Purchase NEW Ingredients |
| Non-Select Option |

| BREAKFAST | Day 1 | Day 2 | Day 3 | Day 4 |
|-------------------------|---|---|--|---------------------------------------|
| Entre #1: Non-Select | Breakfast burrito: scrambled egg, tortilla, shredded cheddar cheese, salsa | Pancakes, blueberries, maple syrup, butter | Cheese omelet, sliced tomato | Cheerios®, raisins, 2% Milk |
| Entre #2: Healthy Me | Waffles, diet strawberry jelly, fruit cocktail | Turkey sausage sandwich: patty, 2 slices whole wheat bread | French toast, fresh blueberries | Whole wheat bagel, hardboiled egg |
| Entre #3: Vegetarian | Honey Nut Cheerios®, 2% Milk | Whole wheat toast, hardboiled egg | English muffin, peanut butter, banana | Vanilla Greek yogurt, apple slices |
| Entre #4: Vegan | Shredded wheat or Special K®, raisins, apple juice | Apple cinnamon oatmeal, peanut butter | Hashbrown, grapes | Applesauce, V8® juice |
| Side #1 | Bacon | Avocado Slices | Turkey patty | Sausage patty |
| Side #2 | Hash Browns | Nutri Grain bar, blueberry | English muffin, diet grape jelly | Glazed donut |
| Side #3 | 2% Milk | Greek yogurt, vanilla | Cheese omelet | Shredded wheat or Special K® |
| Side #4 Non-Select | Applesauce | Fresh whole orange | Fruit cocktail in juice | Vegetarian omelet |

| LUNCH | Day 1 | Day 2 | Day 3 | Day 4 |
|-------------------------|---|--|---|---|
| Entre #1: Non-Select | Cheeseburger, bacon bits, lettuce, tomato | Shredded pork, tortilla, shredded cheese, barbacoa sauce | Turkey sandwich, fresh onion, BBQ or cheese sauce | Hot Dog, ketchup, green grapes w/ whipped topping |
| Entre #2: Healthy Me | Grilled chicken breast sandwich, lettuce, tomato, pickle | Shredded pork tacos, cheddar cheese | Bean Burrito, salsa or taco sauce | BBQ ham sandwich on whole wheat |
| Entre #3: Vegetarian | Bean Burrito: tortilla, beans, salsa | Falafel , naan bread, tzatziki | Baked potato, cottage cheese, sunflower seeds | Asian noodles, edamame, shredded carrots, sweet and sour sauce or Asian sesame dressing |
| Entre #4: Vegan | Vegetarian hummus wrap, sunflower seeds, fresh carrots and red bell peppers | Sweet potato waffle fries, garlic grilled green beans and broccoli | Green Chile Stew | Baked potato, sunflower seeds, side salad with balsamic dressing |
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| Side #1 | French Fries, ketchup or honey mustard | Small Salad w/ ranch | Green Chile Stew | Beef Jerky, fresh apple |
| Side #2 | Green Chile Stew, bacon bits | Hummus, grape tomatoes, celery | French Fries, ketchup or hot sauce | String Cheese, Rold Gold® Pretzels |
| Side #3 | Small Salad w/ balsamic, croutons | Sun Chips | Green grapes w/ whipped topping | Green Chile Stew, croutons |
| Side #4: Non-Select | Blueberry Yogurt | Canned Peaches | Regular or Baked Lays® | Animal Crackers |

LEGEND

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| Indicates NEW Menu Item - Purchase NEW Ingredients |
| Non-Select Option |

Karen Casey

Revised Behavioral Health Unit (BHU) Menu

September 2024

DINNER

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|-------------------------|--|--|---|---|
| Entre #1: Non-Select | Roast Beef & Swiss Hot Sandwich, A1 steak sauce, lettuce, tomato | Macaroni and Cheese | Peperoni Pizza | Beef Tacos, shredded lettuce, tomato, salsa |
| Entre #2: Healthy Me | Grilled chicken breast, cheese ravioli | Grilled cheese on whole wheat | Parmesan Crusted Grilled Fish, tartar sauce | Chicken & spinach quesadilla, salsa |
| Entre #3: Vegetarian | Spinach & Hummus Wrap | Falafel w/ Tzatziki | Veggie burger, sliced tomato, lettuce | Hardboiled egg w/ Ancient Grain Blend |
| Entre #4: Vegan | Baked potato, broccoli, sunflower seeds, sesame dressing | White rice & quinoa blend, grilled corn & green beans, siracha | Grilled broccoli and carrots, tortilla chips, salsa | Baked potato, broccoli, balsamic vinegar dressing |
| Side #1 | Baked potato, bacon bits | Green beans | Corn | French fries, ketchup |
| Side #2 | Green Chile Stew | Popcorn | Side salad, w/ ranch | Green Chile Stew |
| Side #3 | French fries, ketchup | Cooked carrots | Baked potato, butter | Tortilla chips, guacamole |
| Side #4: Non-Select | Steamed broccoli & shredded carrots | Tomato soup, croutons | Cottage cheese, sunflower seeds | Strawberry Jello® |

LEGEND

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| Indicates NEW Menu Item - Purchase NEW Ingredients |
| Non-Select Option |