

**CHAMPSS Approved BREAKFAST  
8:00-11:00 A.M.**

Choose from the following CHAMPSS approved Food Groups:

**Meats:** 2 eggs, any method +

2 turkey sausage links or 2 turkey bacon slices

OR

2 egg omelet with ½ c vegetables +

2 turkey sausage links or 2 turkey bacon slices

**Grains:** 2 slices wheat toast or 1 cup oatmeal or 1 English muffin

**Fruits:** Choose 2

Apple, banana, orange, pear or 8 oz orange or 100 % fruit juice or 3/4 c mixed melon chunks or 3/4 c fruit cocktail

**Dairy:** 1 – 8 oz. serving of 1% milk

**Soup and Sandwich Meal (11:00 AM – 7:00 PM)**

1 – 6 oz. serving Chicken Noodle or Beefy Vegetable soup w/crackers (2 pkgs)

½ sandwich – Seasoned Italian Roast Beef w/lettuce, tomato, pickle & cheese

1 – Whole fruit or ¾ cup mixed fresh fruit

1 – 8 oz. serving of 1% milk or calcium fortified juice

**CHAMPSS approved SALAD MEAL (small size)  
(11:00 AM – 7:00 PM)**

Small DiLusso Berry Chicken Salad, Chef Salad, Regular Garden Salad, Fiesta Chicken Salad, dinner roll, fruit

**Dietitian's Choice Lunch Box (11:00 AM – 7:00 PM)**

Currently only available at the Overland Park, Olathe and Mission stores.

*Lunch & dinner meals are served with 1% milk or calcium fortified orange juice. Menu items are subject to change.*

08/09/17

**CHAMPSS Lunch and Dinner Choices  
11:00 AM – 7:00 PM**

**Hickory House Comfort Foods**

**Meat Choices = 3 oz**

Baked chicken, smoked turkey, meatloaf, smoked pork loin, beef brisket or pulled pork

*Baked chicken=1 breast, or 1 thigh & 1 wing, or 2 drumsticks*

**Fish Entrée = 5 oz. (Available Mon, Weds, Fri) (you must ask for fish)**

Salmon or tilapia (baked)

**Vegetables = 1/2 cup each (choose 2)**

5-Way veggie blend, green beans, baked beans, brussels sprouts, mashed potatoes w/gravy, roasted parmesan red potatoes OR (selection from cold salad case: tomato roughy, broccoli supreme salad or 4 bean salad) **(NEED TO ASK KITCHEN STAFF FOR 5-WAY VEGGIE BLEND AND GREEN BEANS)**

**Fruit = ¾ cup or 1 pc whole fruit**

Fresh fruit cup or apple, banana, orange, pear

**Grains = 2 oz**

2 wheat rolls or 2 slices of wheat bread

**Italian Meals**

**Spaghetti and Meatballs Meal**

1c cooked pasta, ½ c marinara sauce, 3-1oz meatballs, 1 CHAMPSS side salad (1c mixed greens/lettuce, 2 cherry/grape tomatoes, 1 red onion ring, 2TBSP Lo-Cal dressing, fruit

**Pizza Meal**

2 slices (thin crust), plain cheese, hamburger or veggie toppings, 1 CHAMPSS side salad, fruit

**Chinese Meals**

1 c approved entrée, 1 c steamed rice, fortune cookie, fruit

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