Walden West Cupertino 5-Day Program Carb Count Menu

1/4/18

Monday			Tuesday			Wednesday			Thursday			Friday		
No Breakfast	***Amount***	***Carb***	***Breakfast***	***Amount***	***Carb***	***Breakfast***	***Amount***	***Carb***	***Breakfast***	***Amount***	***Carb***	***Breakfast***	***Amount***	***Carb***
			French Toast	**1 Pc**	**18g**	Pancakes	**1 Pc**	**16g**	Waffles	**1 Pc**	**16g**	Scrambled Eggs	**3 eggs**	**1g**
Cereals			Butter	**1 Pc**	**0g**	Butter	**1 Pc**	**0g**	Butter	**1 Pc**	**0g**	Hash Browns	**1 Pc**	**12g**
Kix	**1 Cup**	**20g**	Jelly	**1 Pack**	**9g**	Jelly	**1 Pack**	**9g**	Jelly	**1 Pack**	**9g**	Ketchup	**1 Tbsp**	**5g**
Rice Krispies	**1 Cup**	**22g**	Syrup (Sugar Free)	**3 Tbsp**	**10g**	Syrup (Sugar Free)	**3 Tbsp**	**10g**	Syrup (Sugar Free)	**3 Tbsp**	**10g**	Hot Cereal	**See list**	**on left**
Corn Chex	**1 Cup**	**26g**	Sausage	**1 Pc**	**0g**	Sausage	**1 Pc**	**0g**	Sausage	**1 Pc**	**0g**	Brown Sugar	**1 Tbsp**	**4g**
Cheerios	**1 Cup**	**21g**	Hot Cereal	**See list**	**on left**	Hot Cereal	**See list**	**on left**	Hot Cereal	**See list**	**on left**	Raisins	**1 Tbsp**	**8g**
Corn Flakes	**1 Cup**	**24g**	Brown Sugar	**1 Tbsp**	**4g**	Brown Sugar	**1 Tbsp**	**4g**	Brown Sugar	**1 Tbsp**	**4g**	Milk	**1 Cup**	**14g**
			Raisins	**1 Tbsp**	**8g**	Raisins	**1 Tbsp**	**8g**	Raisins	**1 Tbsp**	**8g**	Apple Juice	**1 Cup**	**29g**
Fruits			Milk	**1 Cup**	**14g**	Milk	**1 Cup**	**14g**	Milk	**1 Cup**	**14g**	Orange Juice	**1 Cup**	**27g**
Apples	**1 Pc**	**25g**	Apple Juice	**1 Cup**	**29g**	Apple Juice	**1 Cups**	**29g**	Apple Juice	**1 Cup**	**29g**	Gluten Free Waffles	**1 Pc**	**21.5g**
Oranges	**1 Pc**	**11g**	Orange Juice	**1 Cup**	**27g**	Orange Juice	**1 Cups**	**27g**	Orange Juice	**1 Cup**	**27g**	Vegetarian Sausage	**1 Pc**	**3g**
Banana	**1 Pc**	**27g**	Gluten Free Waffles	**1 Pc**	**21.5g**	Gluten Free Waffles	**1 Pc**	**21.5g**	Gluten Free Waffles	**1 Pc**	**21.5g**			
Pears	**1 Pc**	**27g**	Vegetarian Sausage	**1 Pc**	**3g**	Vegetarian Sausage	**1 Pc**	**3g**	Vegetarian Sausage	**1 Pc**	**3g**	**Salad**	**Bar**	
Peaches	**1 Pc**	**14g**	***Lunch***			***Lunch***						Lettuce	**1 Cup**	**1g**
Nectarines	**1 Pc**	**15g**	Mini Corndogs	**4 Pc**	**19g**	***Epic Journey***			***Non-Epic Journey***			Spring Mix	**1 Cup**	**2g**
			Ketchup	**1 Tbsp**	**5g**	Bread	**2 Slices**	**30g**	Chicken Patties	**1 Pc**	**14g**	Potato Salad	**½ Cup**	**14g**
Hot Cereal			Mustard		**0g**	Gluten Free Bread	**2 Slices**	**22g**	Slider Bun	**1 Each**	**13g**	Macaroni Salad	**½ Cup**	**27g**
Oatmeal	**1 Cup**	**27g**	Chips	**11 Pc**	**15g**	Turkey	**3 oz**	**2g**	Ketchup	**1 Tbsp**	**5g**	Tomato	**2 each**	**2g**
Malt-O-Meal	**1 Cup**	**27g**	Grilled Chicken	**1 Each**	**0g**	Ham	**3 oz**	**2g**	Mustard		**0g**	Carrots	**6 each**	**3g**
Grits	**1 Cup**	**29g**	Veggie Pattie	**1 Pc**	**22g**	Cheese	**1 Slice**	**1g**	Chips	**11 Pc**	**15g**	Cucumbers	**4 slices**	**1g**
Porridge	**1 Cup**	**27g**				Sun Butter	**2 Tbsp**	**7g**	Veggie Pattie	**1 Pc**	**22g**	Pineapple	**4 Tbsp**	**8.5g**
						Jelly	**1 Tbsp**	**12g**	Grilled Chicken	**1 Pc**	**0g**	Kidney Beans	**4 Tbsp**	**10.5g**
						Chocolate Chunk Bar	**1 Bar**	**19g**				Garbanzo Beans	**4 Tbsp**	**10g**
						Oatmeal Raisin Bar	**1 Bar**	**19g**				Corn	**4 Tbsp**	**7.5g**
						Apple	**1 Each**	**25g**				Olives	**5 Each**	**1g**
						Orange	**1 Each**	**11g**				Jalapenos	**1 oz**	**1g**
						Raw Baby Carrots	**6 each**	**3g**				Peppercioni	**3 Each**	**1g**
						Chex Mix	**½ Cup**	**22g**				Beets	**1 Cup**	**22g**
						Sugar Cookie	**1 Pc**	**17g**				Cottage Cheese	**2 Tbsp**	**2g**
						Milk	**1 Cup**	**14g**						
Dinner			**Dinner**			**Dinner**			**Dinner**			Cheddar Cheese	**2 oz**	**1g**
Pasta	**1 Cup**	**42 g**	Taco Shell	**1 Each**	**7g**	Pepperoni Pizza	**1 slice**	**36g**	Mac & Cheese	**1 Cup**	**47g**			
Pasta Sauce	**½ Cup**	**10g**	Turkey Meat		**0g**	Cheese Pizza	**1 slice**	**36g**	Turkey Hot Dogs	**1 Pc**	**0g**			
Turkey Meatball	**1 Pc**	**1.5g**	Lettuce	**1 Cup**	**1g**	Salad	**1 Cup**	**1g**	Broccoli	**½ Cup**	**6g**			
Rolls	**1 Pc**	**18g**	Cheese	**1/4 Cup**	**1g**	Ranch Dressing	**1 Tbsp**	**1g**	Salad	**1 Cup**	**1g**	***Dressings***		
Salad	**1 Cup**	**1g**	Salsa	**¼ Cup**	**4g**	Parmesan Cheese	**1 Tbsp**	**0g**	Ranch Dressing	**1 Tbsp**	**1g**	Thousand Island	**2 Tbsp**	**5g**
Parmesan Cheese	**1 Tbsp**	**0.2g**	Beans	**½ cups**	**20g**	Crushed Peppers	**1 Tsp**	**1g**	Cake	**1 Slice**	**42g**	Italian	**2 Tbsp**	**6g**
Italian Dressing	**1 Tbsp**	**3g**	Rice	**½ Cups**	**22g**	Vanilla Pudding	**½ Cup**	**26g**	Milk	**1 Cup**	**14g**	Ranch	**2 Tbsp**	**1g**
Cake	**1 Slice**	**42g**	Churros	**1 Pc**	**12g**	Chocolate pudding	**½ Cup**	**28g**				Toasted Sesame	**2 Tbsp**	**7g**
Milk	**1 Cup**	**14g**	Milk	**1 Cup**	**14g**	Milk	**1 Cup**	**14g**	Gluten Free Pasta	**¼ Cup**	**44g**	Caesar	**2 Tbsp**	**2g**
									Gluten Free Dessert	**Ask the**	**Kitchen**	Blue Cheese	**2 Tbsp**	**1g**
Gluten Free Pasta	**1 Cup**	**44g**	Corn Tortilla	**1 each**	**10g**	Gluten Free Pizza	**1 slice**	**15**						
Gluten Free Rolls	**1 Each**	**34g**	Flour Tortilla	**1 each**	**19g**	Gluten Free Dessert	**Ask the**	**Kitchen**						
Grill Chicken	**1 Each**	**0g**	Gluten Free Dessert	**Ask the**	**Ktichen**									
Gluten Free Dessert	**Ask the**	**Kitchen**												