**Menu For Patient JC (LOW SODIUM)**

**Breakfast: 8:30 am**

Buttermilk Pancakes

Butter

Syrup

Fruit Plate

1 Egg (Scrambled)

2% Milk

Totals: 618 mg Na, 715 kcal

**AM Snack: 10:30 am**

Vanilla Wafers

Strawberry Yogurt

Totals: 201 mg Na, 200 kcal

**Lunch: 12:30 pm**

Naked Juice: Berry Flavored

Fish Sticks

Baked Fries

Apple Slices

Totals: 378 mg Na, 740 kcal

**PM Snack: 3:30 pm**

Teddy Grahams

Peanut Butter

Totals: 215 mg Na, 250 kcal

**Dinner: 6:30 pm**

Hamburger on Whole Grain Bun (lettuce, tomato)

2 % Skim Milk

Fruit Plate

Mixed Nuts

Totals: 491 mg, 776 kcal

**TOTAL FOR DAY: 1903 mg Na, 2800 kcal**