

Colton's Steak House and Grill Children's Diabetic Diet Menu

Diabetic exchanges and carbohydrate counting are included for insulin dependent diabetic children following a diet prescription from a registered dietitian. Food information is included so items may be used in daily diet planning as based on each child's exchange and carbohydrate availability. This information is not meant to replace recommendations from medical experts and is provided as a means to make menu planning easier. *Information provided is based on approximate weights and serving sizes. Variations in products and vendors can occur. If uncertain please request serving size from your server.*

General Guidelines

- Know the number of exchanges or carbohydrates your child has available for the meal.
- If ordering from the adult selections, request a take-home container at the beginning of the meal. Take home the additional food beyond the servings your child can eat at your meal.
- Use the specific information provided for each item to determine the amount of each item you can eat.

Kid's Menu Choices

The following carbohydrates and exchange lists reflect the entrée only. Side items are listed separately.

Kid's Lonesome Burger

Carbohydrates: 36 grams

Exchanges

starch- 2.5

medium fat meats - 3

fat-2

Kids Bite-sized Sirloin Tips

Carbohydrates: 0

Exchanges

lean meat -5.5

fat-4

Kid's Mesquite Grilled Chicken

Carbohydrates: 0

Exchanges

very lean meat -5

Kid's Smoked Ribs

Carbohydrates: 3 grams

Exchanges

medium fat meats-6

Fat-5

Kid's Chicken Fingers

Carbohydrates: 26 grams

Exchanges

starch-2

high fat meat-2

fat-1

Kid's Macaroni and Cheese

Carbohydrate: 48 grams

Exchanges

starch- 3

high fat meat- 1.5

Kid's Corn Dogs

Carbohydrates:28.5

Exchanges

starch-2

high fat meat-1.5

fat-2

Kids Side Options

French Fries

Carbohydrate: 35 grams

Exchanges:

starch-2

fat- 2

Smashed Potatoes

Carbohydrate: 16 grams

Exchanges

starch- 1

fat -1

Steamed Vegetables

Carbohydrate: 14

Exchanges

vegetable- 3

fat- 2

Cole Slaw

Carbohydrate: 11

Exchanges

vegetable- 2

fat- 1

Baked Potato (plain)

Carbohydrate: 72

Exchanges

starch- 4.5

Sweet Potato (plain)

Carbohydrate: 37

Exchanges

Starch- 2.5

Dinner Salad (no dressing)

Carbohydrate: 15 grams

Exchanges:

starch- .5

meat: .5

vegetable- 2

fat- 1

Condiments and Dressings

Gold BBQ Sauce (2 oz)

Carbohydrate: 26 grams

Exchanges

other carbohydrates-2

Colton's Homemade House dressing (2 oz)

Carbohydrate 9 grams

Exchanges

other carbohydrates: .75

fat- 3.75

Hidden Valley Ranch Dressing (2 oz)

Carbohydrate: 4 grams

Exchanges

other carbohydrates-.25

fat- 4.25

Italian Dressing (2 oz)

Carbohydrate: 3 grams

Exchanges

Fat-4

Bleu Cheese Dressing (2 oz)

Carbohydrate: 4 grams

Exchanges

other carbohydrates- .25

fat-6.5

Honey Mustard (2 oz)

Carbohydrate: 11 grams

Exchanges

other carbohydrates- .75

fat- 3.5

Catalina Dressing (2 oz)

Carbohydrate: 14 grams

Exchanges

other carbohydrate: 1

fat- 3.75

Fat Free Raspberry Vinaigrette (2 oz)

Carbohydrate: 34

Exchanges

other carbohydrates- 2.25

Desserts

Hot Fudge Sundae

Carbohydrate: 41

Exchanges

other carbohydrates- 2

starch- 1

fat- 2

Root Beer Float

Carbohydrate: 69

Exchanges

other carbohydrates-3

starch-1

fat-2