Lunch & Dinner Sides

- mashed potatoes (21g)
- tater tots (15g)
- brown rice (25g)
- penne pasta (21g)
- mac & cheese (14g)
- sweet corn (9g)
- green peas (16g)
- steamed carrots (7g)
- steamed green beans (4g)
- steamed broccoli (5g)
- carrot sticks (4g)
- cheese stick
- goldfish (19g)
- garden salad (3g)
- assorted fruit (9g-27g)
- baked lay’s potato chips (26g)
- creamy tomato soup (14g)
- chicken noodle soup (7g)
- vegetable rice soup (10g)
- broth chicken, beef or vegetable

Drinks

- MILK (12g)
  whole, 2%, skim, rice (18g), soy (21g) or lactaid
- HOT COCOA
  no sugar added (11g)
- TEA
  hot tea or iced tea
- CRYSTAL LIGHT®
  fruit punch or lemonade
- BOTTLED WATER

Desserts

- peanut butter (5g)
- pudding no added sugar:
  chocolate (13g) or vanilla (15g)
- animal crackers (21g)
- assorted fruit (9g-27g)
- graham crackers (11g)
- vanilla wafers (14g)

Disclaimer: Items allowed on your diet may vary and are dependent upon the restriction level set by your physician.

Use the MyPlate (choosemyplate.gov®) when ordering to help ensure healthy and balanced meals. Everything you eat and drink matters so make sure to get the right mix of foods on your plate:
1. First, make sure that half of your plate is full of fruits and vegetables.
2. The other half of your plate should be shared between proteins (lean meats, eggs, beans, nuts) and grains (rice, pasta, potato, breads).
3. Add a dairy source like milk, yogurt or cheese.
4. Finally, limit foods high in sugar and fat, like desserts, fried foods and sweet beverages (juice, fruit drinks, sports drinks, sodas).

The American Academy of Pediatrics (AAP) recommends that children not consume sweetened beverages and fruit drinks. 100% fruit juice should be avoided in infants and limited to 4oz. for ages 1-3, 6oz. for ages 4-6, and 8 oz. for ages 7-18.

Special Diet Menus Available Upon Request.
EGGS
- scrambled eggs
- hard boiled eggs
- omelet
  add cheese, meat, vegetables

BREAKFAST TACO
choose corn (13g) or flour (15g)
tortilla
choose your toppings:
- egg
- potato (4g)
- bacon
- cheddar cheese

GRILL TOP
- buttermilk pancake (14g)
- classic french toast (23g)
- belgian waffle (43g)
topped with whipped cream, bananas or berries upon request

BREAKFAST WRAP
- ½ crunchy peanut butter, apple & granola wrap (44g)

EGGS
- scrambled eggs
- hard boiled eggs
- omelet
  add cheese, meat, vegetables

BREAKFAST TACO
choose corn (13g) or flour (15g)
tortilla
choose your toppings:
- egg
- potato (4g)
- bacon
- cheddar cheese

GRILL TOP
- buttermilk pancake (14g)
- classic french toast (23g)
- belgian waffle (43g)
topped with whipped cream, bananas or berries upon request

BREAKFAST WRAP
- ½ crunchy peanut butter, apple & granola wrap (44g)

SIDES
- bacon
- pork sausage patty
- turkey sausage links
- grilled ham
- tater tots (19g)

HOT CEREAL
- oatmeal (11g)
- cream of wheat (14g)
- grits (14g)
  choose your topping: blueberries, raisins, sliced bananas or sliced strawberries

COLD CEREAL
- cornflakes (16g)
- rice chex (16g)
- raisin bran (26g)
- rice Krispies (15g)
- lucky charms (23g)
- cheerios (14g)
- honey nut cheerios (18g)

FRUIT & YOGURT
- fresh fruit cup (9g)
- apple (18g)
- orange (15g)
- banana (27g)
- strawberries (5g)
- fruit cocktail (14g)
- packaged peaches (14g)
- packaged pears (17g)
- applesauce (13g)
- assorted yogurt (6g-17g)

grams of carbohydrates on this menu may vary slightly from your tray ticket
food items allowed on your diet are dependent upon the restriction level set by your physician and clinical team.

Chef’s Specialties
- meatloaf (6g) with tomato gravy
- chicken tenders (18g) baked or fried
  served with your choice of ranch, BBQ or honey mustard sauce for dipping.
- lightly seasoned baked fish
  choice of lemon and tartar sauce
- cod nuggets (12g) baked or fried
  choice of lemon and tartar sauce

Burgers
- mini beef sliders (30g) 2 mini burgers
- veggie burger (55g to 60g)
- turkey burger (34g to 41g)
- grilled chicken (33g to 39g)
toppings: lettuce, tomato, pickle & onion
dressings: ketchup, mayonnaise, mustard, honey mustard or BBQ sauce

Tacos & Quesadillas
- beef or chicken taco (13g to 17g)
  corn or flour tortilla
- classic quesadilla (18g to 37g)
  add chicken, corn tortilla option available
toppings: lettuce, tomato, onion, cheese, sour cream, guacamole, ranch & picante

Soups & Salads
- chef salad (10g)
- caesar salad with grilled chicken (10g)
- cheeseburger salad (6g)
  crisp romaine served with tomato, red onion, and cheddar. topped with four mini ground
  beef patties and served with house dressing (7g) on the side.
dressings: ranch (3g), italian (3g), caesar (3g), balsamic vinaigrette (5g)
- creamy tomato soup (14g)
- chicken noodle soup (7g)
- vegetable rice soup (10g)
served with saltine crackers (4g) upon request

Pizza
- wheat crust
  cheese (39g)
  pepperoni (40g)

Pastas
- macaroni and cheese (29g)
- create your own pasta
  choose your pasta:
  penne (41g), cheese ravioli (30g) or spaghetti (43g)
  choose your sauce:
  meat sauce (6g), tomato sauce (5g), meatballs (4g), alfredo (4g), pesto (2g)
  or butter
  served with garlic breadstick (12g) upon request

Sandwiches & Wraps
- create your own sandwich
  bread:
  white (30g), wheat (21g), flour tortilla (15g) or corn tortilla (13g)
  protein:
  turkey, ham, roast beef, tuna salad (3g) or peanut butter (5g)
  cheese:
  american, cheddar, swiss or provolone
  condiments:
  mayonnaise, ranch, jelly, sugar free jelly, ketchup or mustard
  toppings:
  lettuce, tomato, pickle & onion
  sandwich grilled upon request

Lunch and Dinner
Sides on back