my menu

HOW TO ORDER

1. Please decide on your meal selections before you call. Guest meals are also available for purchase.

Remember for breakfast to select one entrée, two sides and one bakery item. For lunch and dinner select one entrée, two sides and one dessert. Select two drinks per meal time.

2. Call MyDining at 6-3400 from your room or 832-826-3400 from your mobile phone to place order.

3. Your tray will be freshly prepared and delivered to your room within 45 minutes.

SPECIAL DIET MENUS AVAILABLE UPON REQUEST.
Breakfast

Please select 1 entrée, 2 sides, 1 bakery item and 2 drinks.

ENTRÉES
EGGS
- Scrambled
- Cheesy Scrambled
- Hard Boiled
- Omelet
  Choose cheese, ham or veggie
BREAKFAST TACOS
  CHOOSE CORN OR FLOUR TORTILLA
  CHOOSE YOUR TOPPINGS:
  - Egg
  - Potato
  - Bacon
  - Cheddar Cheese

BUTTERMILK PANCAKES
CLASSIC FRENCH TOAST
  Two pieces of bread, soaked in egg and milk. Grilled to perfection. Topped with powdered sugar.

BELGIAN WAFFLE
  TOPPINGS: maple syrup, sugar free maple syrup, blueberry syrup, strawberry syrup, sliced strawberries, bananas or blueberries, whipped topping

CRUNCHY PEANUT BUTTER,
APPLE & GRANOLA WRAP

BAKERY
TOAST WHITE OR WHEAT
ENGLISH MUFFIN
BUTTERMILK BISCUIT
BLUEBERRY MUFFIN
PLAIN WHITE BAGEL
CINNAMON RAISIN BAGEL
  Choose regular cream cheese or strawberry cream cheese

SIDES
BACON
PORK SAUSAGE PATTY
TURKEY SAUSAGE LINKS
GRILLED HAM
TATER TOTS
HOT OR COLD CEREAL
  - Cheerios®
  - Honey Nut Cheerios®
  - Rice Krispies®
  - Rice Chex™
  - Raisin Bran®
  - Cornflakes
  - Frosted Flakes®
  - Froot Loops™
  - Cocoa Puffs™
  - Lucky Charms™
  - Oatmeal*
  - Grits*
  - Cream of Wheat®*

  *TOPPINGS: brown sugar, blueberries, raisins, sliced banana, sliced strawberries

FRESH FRUIT
  - Fruit Cup
  - Apple
  - Orange
  - Banana
  - Strawberries

  Served with yogurt dipping sauce upon request

PACKAGED FRUIT
  - Mixed Fruit Cup
  - Peaches
  - Pears
  - Applesauce

YOGURT (assorted flavors)
  - Original
  - Light

MERRY BERRY SMOOTHIE
  (blueberries, strawberries, blackberries, vanilla yogurt)

COOL PEACH SMOOTHIE
  (peaches, vanilla yogurt, orange juice)
CHEF’S SPECIALTIES
MEATLOAF WITH TOMATO GRAVY
Served with mashed potatoes

CHICKEN TENDERS BAKED OR FRIED
Served with ranch, BBQ or honey mustard sauce for dipping

LIGHTLY SEASONED BAKED FISH
Served with lemon and tartar sauce

COD NUGGETS BAKED OR FRIED
Served with lemon and tartar sauce

BURGERS
MINI BEEF SLIDERS (2 Mini Burgers)
VEGGIE OR TURKEY BURGER
GRILLED CHICKEN
TOPPINGS: lettuce, pickle, tomato, onion
DRESSINGS: ketchup, mayonnaise, mustard, honey mustard, BBQ sauce

PIZZA WHITE OR WHEAT CRUST
CHEESE
PEPPERONI

PASTA
MACARONI AND CHEESE
CREATE YOUR OWN PASTA
CHOOSE YOUR PASTA: penne, cheese ravioli, spaghetti
CHOOSE YOUR SAUCE:
meat sauce, tomato sauce, meatballs, alfredo, pesto or butter
Garlic breadstick served upon request

TACOS & QUESADILLAS
BEEF OR CHICKEN SOFT TACO
CHICKEN OR CHEESE QUESADILLA
TOPPINGS: lettuce, tomato, cheese, sour cream, guacamole, ranch, picante

SANDWICHES
CREATE YOUR OWN
BREAD: white, wheat, flour tortilla, corn tortilla
PROTEIN: turkey, ham, roast beef, tuna salad, peanut butter
CHEESE: American, Swiss, cheddar, provolone
CONDIMENTS: mayonnaise, ranch, jelly, sugar free jelly, ketchup, mustard
TOPPINGS: lettuce, tomato, pickle, onion
Sandwich grilled upon request

SALADS & SOUPS
CHEF SALAD
CAESAR SALAD WITH GRILLED CHICKEN
CHEESEBURGER SALAD
Crisp romaine served with tomato, red onion and cheddar. Topped with four mini ground beef patties and served with house dressing on the side
DRESSINGS: Italian, Caesar, ranch, balsamic vinaigrette

CREAMY TOMATO SOUP
CHUNKY CHICKEN NOODLE SOUP
VEGETABLE RICE SOUP
Served with saltine crackers upon request

LUNCH AND DINNER SIDE OPTIONS ON BACK ➔
Lunch + Dinner Sides
Mashed Potatoes
Tater Tots
Brown Rice
Penne Pasta
Macaroni and Cheese
Sweet Corn
Green Peas
Steamed Carrots
Steamed Green Beans
Steamed Broccoli
Garden Salad
Animal Crackers
Assorted Fruit
Baked Lay’s® Potato Chips
Carrot Sticks
Cheese Stick
Goldfish®
Graham Crackers
Creamy Tomato Soup
Chunky Chicken Noodle Soup
Vegetable Rice Soup

Desserts
Vanilla Pound Cake Fries | served with dipping sauce
Oreo® Cookie Parfait
Yogurt Peach Parfait
Strawberry Shortcake
Chocolate Cake
Chocolate Chip Cookie
Pudding | regular or no added sugar, chocolate or vanilla
Ice Cream | vanilla, chocolate, strawberry or orange sherbet
Milkshake | vanilla, chocolate or strawberry
Assorted Fruit
Vanilla Wafers

Drinks
Available at breakfast, lunch and dinner:
MILK
whole, 2%, skim, chocolate, rice, soy or Lactaid®
JUICE
orange, cranberry, grape or apple
HOT COCOA
regular or sugar free
TEA
hot tea or iced tea
CRYSTAL LIGHT®
fruit punch or lemonade
BOTTLED WATER

Use 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!

• First, make sure that half of your plate is full of fruits and vegetables.
• The other half of your plate should be shared between proteins (lean meats, eggs, beans, nuts) and grains (rice, pasta, potato, breads).
• Add a dairy source like milk, yogurt or cheese.
• 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 4 oz. for ages 1-3, 6 oz. for ages 4-6, and 8 oz. for ages 7-18.