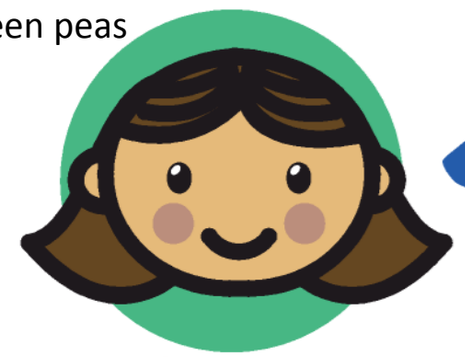
Lunch + Dinner Sides

brown rice
white rice
LS black beans
tater tots
mashed potatoes
penne pasta
mac & cheese
sweet corn
green peas

steamed broccoli
steamed carrots
steamed green beans
strawberries
blueberries
carrot sticks
LS corn chips
assorted Fruit



Desserts

strawberry shortcake
vanilla pound cake fries
oreo cookie parfait
yogurt peach cobbler
chocolate chip cookie
pudding *regular or no added sugar: chocolate or vanilla*
ice cream *vanilla, chocolate or strawberry*
milkshakes *vanilla, chocolate or strawberry*
assorted fruit

chocolate cake
animal crackers
graham crackers
vanilla wafers

Drinks

Milk
whole, 2%, skim, chocolate, rice, SILK soy or lactaid

Juice
apple, cranberry, or grape.

Tea
hot tea or iced tea

Crystal Light®
fruit punch or lemonade

Bottled Water

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.

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

my menu

Low Sodium

Please place meal orders between 7 a.m. and 6:30 p.m.

HOW TO ORDER

1. Please decide on your meal selections before you call. Guest meals are 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.**

Eggs
- scrambled eggs
- hard boiled eggs
- omelet
  add cheese, DAIYA cheese, meat, vegetables

Breakfast Taco
corn tortilla
choose your toppings:
- egg
- bacon
- cheddar cheese
- DAIYA cheese

Grill Top
- LS french toast
- LS pancakes
- LS belgian waffle

topped with whipped cream or berries upon request. served with syrup and butter upon request.

Breakfast Wraps
- BYO crunchy peanut butter, apple & granola wrap

Bakery
- english muffin
- ½ bagel *plain or raisin*
- blueberry muffin
- toast *white or wheat*

choose butter, cream cheese or strawberry cream cheese

Sides
- bacon
- ham
- tater tots
- turkey bacon
- turkey sausage links

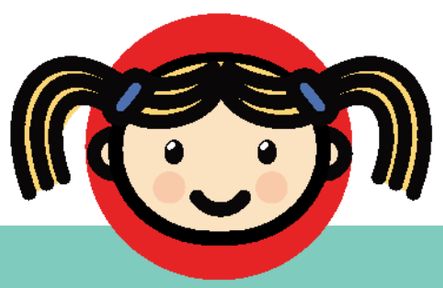
Hot Cereal
- Oatmeal
- Cream of wheat
- grits

choose your topping: brown sugar blueberries & sliced strawberries

Cold Cereal
- rice krispies
- rice chex
- cornflakes
- froot loops
- cocoa puffs
- frosted flakes
- lucky charms
- raisin bran
- cheerios
- honey nut cheerios

Fruit
- strawberries
- blueberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce

Smoothies
- Merry Berry Smoothie
- Peach Smoothie



LS = low sodium *NAS = no added salt*

= foods highest in sodium

Lunch + Dinner

Please select **1 entrée + 2 sides + 1 bakery item** and **2 drinks.**

Chef's Specialties
- meatloaf w/ tomato gravy
  lightly seasoned ground beef, moist and flavorful
- baked chicken tenders
  cornflake crusted chicken strips, baked and lightly seasoned
- baked chicken breast
  lightly seasoned chicken breast
- beef patty
  Topped with gravy upon request

Burgers
- hamburger on a LS bun
- turkey burger on a LS bun
- grilled chicken on a LS bun
- garden burger on a LS bun

toppings: lettuce, tomato & onion
dressings: mustard or no added salt ketchup

Quesadillas
- cheese quesadilla
  corn or flour tortilla
- chicken & cheese quesadilla
  corn or flour tortilla

toppings: lettuce, tomato, onion & picante

Pizza
create your own
- Crust
  LS white crust, wheat crust or white crust
- Sauce
  ls tomato sauce or alfredo sauce
- cheese
  mozzarella, cheddar, DAIYA cheddar or DAIYA mozzarella
- topping
  diced chicken or pepperoni

Pasta
create your own pasta
choose your pasta:
penne, spaghetti or cheese ravioli
choose your sauce:
LS tomato sauce, alfredo, or butter

Sandwiches & Wraps
create your own
bread:
LS white, white, wheat, flour tortilla or corn tortilla
protein:
LS turkey, tuna or NAS peanut butter
cheese:
swiss, cheddar, american, provolone or DAIYA cheese
condiments:
mustard, mayonnaise, jelly or sugar free jelly
toppings:
lettuce, tomato, & onion

sandwich grilled upon request

Lunch and dinner sides on back