

Lunch + Dinner Sides

fat free black beans	garden salad
fat free refried beans	rice cakes
vegetarian baked beans	pretzels
white rice	mixed fruit snack
penne pasta	carrot sticks
steamed carrots	raisins
steamed broccoli	apple slices
	assorted fruit



Desserts

fat free chocolate cake
fat free fig newton's
fat free vanilla ice cream
chocolate or vanilla
fat free milkshake
chocolate or vanilla
italian ice
assorted fruit

Drinks

MILK
skim or lactaid

JUICE
orange, cranberry, grape or apple

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 minimal fat

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

- low cholesterol scrambled eggs
- add fat free turkey, fat free american, fat free cheddar or veggies*

BREAKFAST TACO

- corn tortilla*
- choose your toppings:
- low cholesterol egg
 - fat free refried beans
 - potato
 - fat free cheddar cheese
 - fat free american cheese

BAKERY

- english muffin
- corn tortilla
- fat free whole wheat tortilla
- choose fat free cream cheese or jelly*

HOT CEREAL

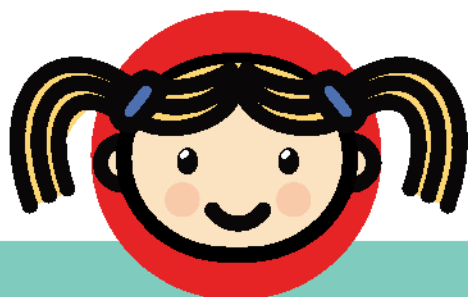
- cream of wheat
- grits
- choose your topping: brown sugar blueberries, raisins, sliced bananas, sliced strawberries*

COLD CEREAL

- rice krispies
- rice chex
- cornflakes
- frosted flakes

FRUIT & YOGURT

- fresh fruit cup
- apple
- orange
- banana
- strawberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce
- fat free yogurt



Lunch + Dinner

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

CHEF'S SPECIALTIES

- Fat Free Cheese Quesadilla
your choice of a corn or wheat tortilla with melted fat free american cheese or fat free cheddar. served with your choice of fat free sour cream or salsa.
- Fat Free Bean & Cheese Burrito
melted fat free american or cheddar cheese, fat free refried beans and a whole wheat tortilla. served with your choice of fat free sour cream or salsa.
- Fat Free Turkey Pita Sandwich
fat free turkey breast, fat free american cheese and a fat free pita. served with your choice of lettuce, tomato, onion, fat free sour cream or salsa.
- Fat Free Hot Dog Roll Up
fat free hot dog, fat free american cheese rolled in a warm pita. served with your choice of ketchup, mustard, or fat free mayonnaise.

PASTA

- create your own pasta
- choose your pasta: penne, miracle noodle or spaghetti*
- choose your sauce: tomato or gravy*



SOUPS

- Chunky Vegetable
- Vegetable Broth

served with saltine crackers upon request

ROLL UPS

create your own bread:

fat free pita, whole wheat tortilla or corn tortilla

protein:

turkey, roast beef, or fat free hot dog

cheese:

fat free american & fat free cheddar

condiments:

fat free mayonnaise, fat free ranch, ketchup or mustard

toppings:

lettuce, tomato, pickle & onion

sandwich grilled upon request

