Lunch + Dinner Sides
- brown rice
- white rice
- LS black beans
- penne pasta
- mac & cheese
- garden salad
- sweet corn
- green peas
- steamed carrots
- steamed green beans
- steamed broccoli
- strawberries
- blueberries
- carrot sticks
- SunChips®
- LS corn chips

Desserts
- vanilla pound cake
- fries
- chocolate chip cookie
- vanilla wafers
- pudding regular or no added sugar: chocolate or vanilla
- ice cream vanilla, chocolate or strawberry
- milkshake vanilla, chocolate or strawberry
- animal crackers
- strawberries
- blueberries
- grahams crackers

Drinks
- MILK: whole, 2%, skim, chocolate, rice, SILK almond, 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 4 oz. for ages 1-3, 6 oz. 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
renal ≥ 1000mg

HOW TO ORDER
1. Please decide on your meal selections before you call. Guest meals are available for purchase.
2. 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.
3. Call MyDining at 6-3400 from your room or 832-826-3400 from your mobile phone to place order.

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 or flour tortilla
- choose your toppings:
  - egg
  - bacon
  - cheddar cheese
  - DAIYA cheddar cheese

#### HOT CEREAL
- oatmeal
- cream of wheat
- grits
  - choose your topping: brown sugar, blueberries & sliced strawberries

#### COLD CEREAL
- honey nut cheerios
- cheerios
- rice krispies
- rice chex
- cornflakes
- frosted flakes
- frosted loops
- cocoa puffs
- lucky charms

#### FRUIT & YOGURT
- fresh fruit cup
- apple
- grapes
- strawberries
- blueberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce
- Greek Plan

#### BAKERY
- blueberry muffin
- toast white or wheat
- english muffin
  - choose butter, regular cream cheese or strawberry cream cheese.

#### MERRY BERRY SMOOTHIE
- blueberries, strawberries, blackberries, vanilla yogurt

### 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
  - lightly seasoned ground beef patty. Topped with gravy upon request
- lightly seasoned fish filet
  - served with lemon and tartar sauce upon request

#### PASTA
- macaroni & cheese
- create your own pasta
  - choose your pasta:
    - penne or spaghetti
  - choose your sauce:
    - LS tomato sauce, alfredo, or butter

#### BURGERS
- hamburger on a LS bun
- turkey burger on a LS bun
- grilled chicken on a LS bun
  - toppings: lettuce, tomato & onion
  - dressings: mustard or 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, white crust or wheat crust
  - Sauce:
    - tomato sauce or alfredo sauce
  - Cheese:
    - mozzarella, cheddar, DAIYA cheddar or DAIYA mozzarella
  - Topping:
    - diced chicken or pepperoni

#### SANDWICHES & WRAPS
- create your own
  - bread:
    - LS white bread, LS bun, white bread, wheat bread, flour tortilla or corn tortilla
  - Protein:
    - LS turkey, tuna or no added salt peanut butter
  - Cheese:
    - cheddar, swiss, DAIYA cheddar, DAIYA mozzarella
  - Condiments:
    - mustard, ketchup, mayonnaise, jelly or sugar free jelly
  - Toppings:
    - lettuce, tomato, & onion
    - sandwich grilled upon request

### LS = low sodium

### NAS = no added salt