

## 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  
graham crackers

## Drinks

MILK  
whole, 2%, skim, chocolate,  
rice, SILK almond, soy or  
lactaid

JUICE  
apple, cranberry or grape

TEA  
hot tea or iced tea

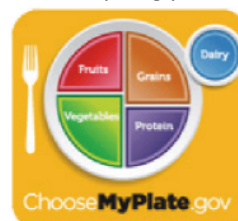
CRYSTAL LIGHT®  
fruit punch or lemonade

BOTTLED WATER

Use the MyPlate ([choosemyplate.gov](http://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

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



renal ≥ 1000mg

## 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 or flour tortilla*

choose your toppings:

- egg
- bacon
- cheddar cheese
- DAIYA cheddar 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 WRAP

create your own

- tortilla wrap
- no added salt peanut butter
- green apple
- granola

## BAKERY

- blueberry muffin
- toast *white or wheat*
- english muffin

*choose butter, regular cream cheese or strawberry cream cheese.*

## SIDES

- turkey bacon
- turkey sausage links
- grilled ham

## 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
- froot loops
- cocoa puffs
- lucky charms

## FRUIT & YOGURT

- fresh fruit cup
- apple
- grapes
- strawberries
- blueberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce
- Greek Plan

## MERRY BERRY SMOOTHIE

*blueberries, strawberries, blackberries, vanilla yogurt*

**LS = low sodium**  
**NAS = no added salt**



# 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*

## 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*



## PASTA

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

## 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*

**LUNCH AND DINNER**  
**SIDES ON BACK** →