Lunch + Dinner Sides

mashed potatoes
tater tots
brown rice
penne pasta
mac & cheese
sweet corn
green peas
steamed carrots
steamed green beans
steamed broccoli

garden salad
assorted fruit
baked lay’s potato chips
cheese stick
goldfish
creamy tomato soup
chicken noodle soup
vegetable rice soup
broth chicken, beef or vegetable

Desserts

vanilla pound cake fries
served w/ dipping sauces
oreo cookie parfait
yogurt peach parfait
strawberry yogurt
chocolate cake
chocolate chip cookie
pudding regular or no added sugar: chocolate or vanilla

ice cream vanilla, chocolate or strawberry
orange sherbet
milkshake vanilla, chocolate or strawberry
animal crackers
assorted fruit
graham crackers
vanilla wafers
arrow root cookies
gerber puffs

Drinks

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

JUICE
orange, cranberry, grape or apple

HOT COCOA
regular or no sugar added

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.

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.

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.

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

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

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

#### Breakfast Taco
choose corn or flour tortilla
choose your toppings:
- egg
- potato
- bacon
- cheddar cheese

#### Grill Top
- buttermilk pancakes
- classic french toast
- ½ belgian waffle
  -
  - topped with whipped cream, bananas or berries upon request

#### Sides
- bacon
- pork sausage patty
- grilled ham
- tater tots

#### Hot Cereal
- oatmeal
- cream of wheat
- grits
  - choose your topping: brown sugar blueberries, sliced bananas and sliced strawberries

#### Cold Cereal
- rice krispies
- rice chex
- cornflakes
- frosted loops
- cocoa puffs
- cheerios
- honey nut cheerios

#### Fruit
- orange slices
- banana
- sliced strawberries
- fruit cocktail
- packaged peaches
- packaged pears
- applesauce

#### Smoothies
- merry berry smoothie
  - blueberries, strawberries, blackberries, yogurt, vanilla extract
- cool peach smoothie
  - peaches, yogurt, orange juice, vanilla extract

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### Lunch + Dinner

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

#### Chef’s Specialties
- meatloaf with tomato gravy
- chicken tenders baked or fried served with your choice of ranch, BBQ or honey mustard sauce for dipping.
- lightly seasoned baked fish
  - choice of lemon and tartar sauce
- cod nuggets baked or fried
  - choice of lemon and tartar sauce

#### Burgers
- mini beef sliders 2 mini burgers
- veggie burger
- turkey burger
- grilled chicken
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  - toppings: lettuce, tomato, pickle & onion
dressings: ketchup, mayonnaise, mustard, honey mustard or BBQ sauce

#### Tacos & Quesadillas
- beef or chicken taco
  - corn or flour tortilla
- chicken or cheese quesadilla
  - corn or flour tortilla
toppings: lettuce, tomato, onion, cheese, sour cream, guacamole, ranch & picante

#### Soups & Salads
- 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: ranch, italian, caesar, balsamic vinaigrette
- creamy tomato soup
- chicken noodle soup
- vegetable rice soup
  - served with saltine crackers upon request

#### Pasta
- macaroni and cheese
- create your own pasta
  - choose your pasta: penne, cheese ravioli or spaghetti
choose your sauce:
  - meat sauce, tomato sauce, meatballs, alfredo, pesto or butter served with garlic breadstick upon request

#### Sandwiches & Wraps
create your own
- bread:
  - white, wheat, flour tortilla or corn tortilla
- protein:
  - turkey, ham, roast beef, tuna salad or peanut butter
- cheese:
  - american, cheddar, swiss or provolone condiments:
  - mayonnaise, ranch, jelly, sugar free jelly, ketchup or mustard
toppings:
  - lettuce, tomato, pickle & onion
sandwich grilled upon request

#### Pizza
- white or wheat crust
  - cheese
  - pepperoni

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**Lunch and Dinner sides on back**