

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

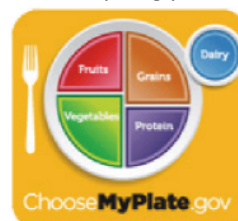
CRYSTAL LIGHT®
fruit punch or lemonade

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

My menu toddler

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, 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

BAKERY

- toast *white or wheat*
- english muffin
- buttermilk biscuit
- blueberry muffin
choose regular cream cheese or strawberry cream cheese

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

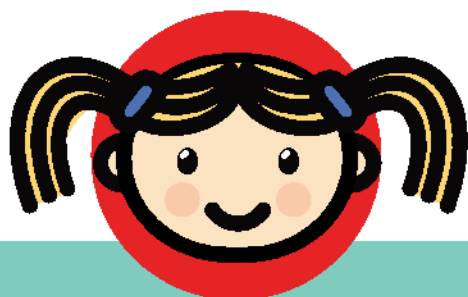
- rice krispies
- rice chex
- cornflakes
- froot loops
- cocoa puffs
- cheerios
- honey nut cheerios

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



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
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

PIZZA *white or wheat crust*

- cheese
- pepperoni



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

LUNCH AND DINNER

SIDES ON BACK →