

Also Available

BREAKFAST

Scrambled Eggs | Bacon | Sausage | Turkey Sausage | Pancakes | French Toast Sticks | Tater Tots
Buttermilk Biscuit | Blueberry Muffin • **Hot Cereal:** Oatmeal | Grits • **Cold Cereal:** Assorted Varieties
Toast: White | Wheat

SANDWICHES

Build-Your-Own Deli Sandwich

Bread: White Bread | Wheat Bread | Wrap | Gluten-Free White Bread

Meats: Turkey | Ham | Bacon | Roast Beef | Pepperoni | Tuna Salad | Chicken Salad

Cheese: American | Cheddar | Swiss | Provolone

Toppings: Lettuce | Tomato | Red Onion | Dill Pickles • **Uncrustables®:** Grape | Strawberry

Homemade Charcuties: Ham, Cheese & Crackers | Turkey, Cheese & Crackers

SOUP & SALAD

Soup: Chicken Noodle | Tomato | Vegetable • **Salads:** Chef Salad | Garden Salad | Caesar Salad
Chicken Caesar Salad • **Dressings:** Ranch | Italian | Caesar

HOT GRILL

Cheese Quesadilla | Chicken & Cheese Quesadilla | Grilled Chicken | Grilled Cheese | Hamburger
Veggie Burger • **Cheese:** American | Cheddar | Swiss | Provolone

Toppings: Lettuce | Tomato | Red Onion | Dill Pickles

ENTRÉES

Chicken Nuggets | Beef Soft Shell Tacos | Breaded Chicken Sandwich • **Pizza:** Cheese | Pepperoni

Build-Your-Own Pasta Bowl

Pasta: Penne | Spaghetti | Egg Noodles • **Meats:** Grilled Chicken | Meatballs

Sauce: Alfredo | Marinara | Pesto

SIDES

Cooked Veggies: Broccoli | Carrots | Corn | Green Beans | Peas

Raw Veggies: Broccoli | Cucumbers | Carrot & Celery Sticks

Starch: Mac & Cheese | French Fries | Smiley Fries | Sweet Potato Fries | Assorted Chips

Whipped Potatoes | Egg Noodles • **Rice:** White | Brown

FRUIT & YOGURT

Applesauce | Fresh Fruit Cup | Strawberries | Dole® Pears | Dole® Peaches | Dole® Mandarin Oranges
Fresh Pineapple | Seedless Grapes • **Whole Fruit:** Apple | Banana | Orange

Yogurt: Strawberry | Fruit & Yogurt Parfait

DESSERTS

Assorted Ice Cream | Sherbet | Italian Ice | Assorted Gelatin | Assorted Pudding | Dirt Cup
Oreo® Cookies | Sugar Cookie | Chocolate Chip Cookie | Rice Krispie Treat™

BEVERAGES

Gatorade® | Gatorade® Zero | Crystal Light® Sugar-Free | Apple Juice | Orange Juice | Cranberry Juice
White Milk | Chocolate Milk | Vanilla Almond Milk | Vanilla Soy Milk



Children's Hospital of The King's Daughters Dining Menu

How it Works:

We enhance life's flavor by creating foods from scratch that are alive with flavor and nutrition. Our food is prepared using fresh, wholesome ingredients that are harvested in a "farm to fork" way for the well-being of our patients, families and the environment.

Dining associates will visit you throughout the day to take your meal orders and provide guidance with the ordering process. Please tell us about any food preferences or allergies. Our dining associates will also provide their contact information to ensure great customer service.

Meal Service Times:

Breakfast: 8:00 a.m. - 10:00 a.m. • **Lunch:** 12:00 p.m. - 2:00 p.m. • **Dinner:** 5:00 p.m. - 7:00 p.m.
Between meal times: Ask your nurse about snacks or boxed meals.

Ordering a Guest Meal:

Guest meals can be ordered by contacting your dining associate. Credit cards only, please.

Specialty Menus:

Our registered dietitians are available to provide education and customized menus for the specialty diet your doctor has prescribed.

Daily Chef Specials

Beach Breakfast

SUNDAY

Potato, Egg & Cheese Breakfast Quesadilla • Sausage | Fresh Fruit Cup | Milk | Water

MONDAY

Scrambled Eggs • Turkey Sausage | Wheat Toast | Strawberries | Milk | Water

TUESDAY

Veggie Breakfast Casserole • Bacon | Tater Tots | Banana | Milk | Water

WEDNESDAY

Egg, Sausage & Cheese on an English Muffin • Fruit & Yogurt Parfait | Blueberry Muffin | Milk | Water

THURSDAY

Pancakes • Scrambled Eggs | Bacon | Mixed Berries | Milk | Water

FRIDAY

French Toast Sticks • Western Egg Bake | Fresh Fruit Cup | Milk | Water

SATURDAY

Scrambled Eggs • Fruit & Yogurt Parfait | Tater Tots | Bacon | Blueberry Muffin | Milk | Water

Long Boat Lunch

SUNDAY

Cheeseburger • Smiley Fries | Garden Salad with Ranch | Grapes | Milk | Water

MONDAY

Beef Soft Shell Tacos • Abuela's Rice | Shredded Lettuce | Diced Tomatoes | Cheddar Cheese | Salsa
Fresh Pineapple | Milk | Water

TUESDAY

Breaded Chicken Sandwich • Smiley Fries | Carrot & Celery Sticks with Ranch | Dole® Peaches | Milk | Water

WEDNESDAY

Penne Alfredo • Roasted Broccoli | Garlic Bread | Strawberries with Whipped Topping | Milk | Water

THURSDAY

Sloppy Joe • Whipped Potatoes | Green Beans | Blueberries | Milk | Water

FRIDAY

Chicken & Cheese Quesadilla • Chuckwagon Corn | Grapes | Milk | Water

SATURDAY

BBQ Chicken Thigh • Glazed Carrots | Macaroni & Cheese | Dole® Mandarins | Milk | Water

Deep Sea Dinner

SUNDAY

Stuffed Shells with Marinara Sauce • Garlic Bread | Lemon Broccoli | Strawberries | Milk | Water

MONDAY

Orange Ginger Chicken Stir-Fry • Jasmine Rice | Dole® Pears | Milk | Water

TUESDAY

Personal Pepperoni Pizza • Garden Salad with Ranch | Dole® Mandarins | Milk | Water

WEDNESDAY

Fried Chicken, Whipped Potato, Corn & Gravy Bowl • Mixed Berries with Whipped Topping | Dinner Roll | Milk | Water

THURSDAY

Grilled Chicken Parmesan with Marinara Sauce • Spaghetti | Mixed Vegetables | Dole® Pears | Milk | Water

FRIDAY

Baked Ziti with Meat Sauce • Garlic Bread | Steamed Broccoli | Fresh Pineapple | Milk | Water

SATURDAY

Tater Tot Casserole • Green Beans | Dole® Peaches | Milk | Water

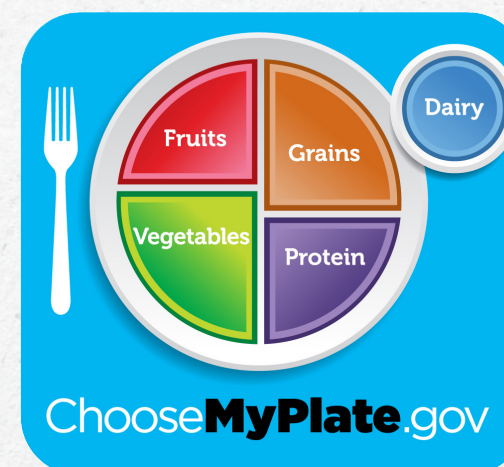
Fruits & Veggies Word Search

H	J	B	A	U	Q	L	U	P	D	W	N	Y
A	P	L	E	H	H	H	H	D	Y	U	R	Q
R	Y	B	N	C	C	V	L	L	R	E	N	R
E	T	I	A	A	A	N	T	E	L	R	W	Y
R	E	Q	E	N	U	L	D	E	O	P	Z	E
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Q	D	Y	G	T	E	R	O	C	T	O	A	L
I	K	U	G	G	R	T	P	O	T	A	T	O

Find all the words from the word list.

APPLE	PINEAPPLE	CORN
ORANGE	GRAPE	GREEN BEAN
BANANA	BROCCOLI	SPINACH
STRAWBERRY	CAULIFLOWER	POTATO
PEAR	CARROT	
PEACH	CELERY	

What is MyPlate?



- MyPlate is a reminder that eating a variety of foods helps us stay healthy.
- Eating foods from all groups at meal times will provide energy and nutrients that everyone needs to feel good.
- Everything we eat and drink matters! The right mix can help you be healthier now and in the future.

This means:

- Choose whole, fresh, real foods most often
- Choose foods and beverages with less sugar and salt.
- Set a good example for others with good eating habits!

