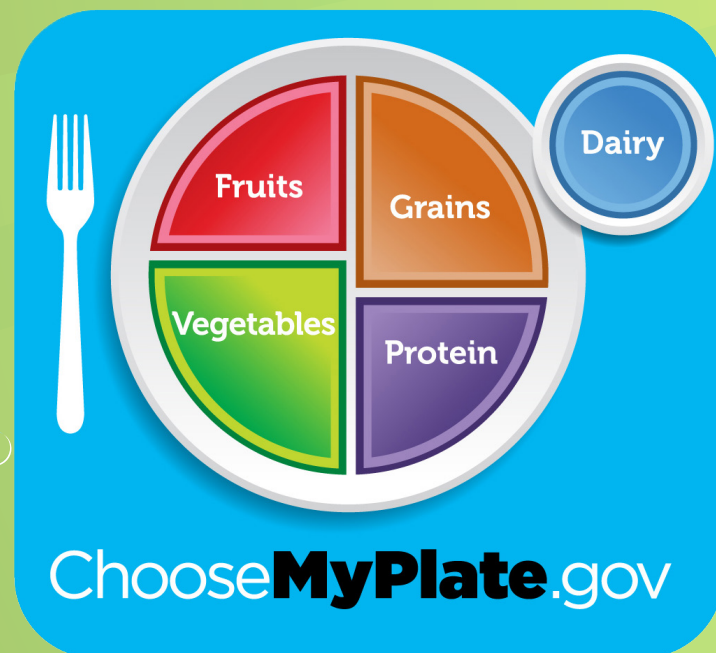


## Daily Food



### What is MyPlate?

- MyPlate is a reminder that eating a variety of foods helps us stay healthy.
- Eating foods from all the food 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. Water is good for everybody!
- During mealtimes eat with family or friends.
- Set a good example for others with good eating habits!

For more great pointers on these and other subjects go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

ANSWER:

R	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

## Fruit and Berry Word Search

This is a zigzag word search puzzle. Words go left, right, up, down, and can bend at right angles. There are no unused letters in the grid. Every letter is used only once.

R	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

Find all the words from the word list.

APPLE  
APRICOT  
BANANA  
BLUEBERRY  
CHERRY  
GRAPEFRUIT  
LEMON  
MANGO

ORANGE  
PEACH  
PEAR  
PINEAPPLE  
PLUM  
RASPBERRY  
WATERMELON

### Notes:

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# Kids Menu

**Carbohydrate Counting,  
No Concentrated Sweets**

#### 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.



**Children's Hospital  
of The King's Daughters**



## Also Available

### BREAKFAST

Oatmeal (12g) | Grits (18g)  
Scrambled Eggs (1g) | Pancakes (30g)  
Waffles (54g) | French Toast (26g)  
Bacon (0g) | Sausage Link (0g)  
Biscuit (23g) | Tater Tots (19g)  
Blueberry Muffin (30g)  
Strawberry Yogurt (25g)  
Assorted Cold Cereal (see package)

**Toast:** White (13g each)

Wheat (13g each)

### SANDWICHES

Uncrustables Peanut Butter & Jelly (32g)

#### Build Your Own Sandwich

**Breads:** White (13g each) | Wheat (13g each)

Bun (34g) | Tortilla (34g)

**Meats:** Turkey (0g) | Ham (1g) | Bacon (0g)

Roast Beef (0g) | Pepperoni (0g)

Tuna Salad (2g) | Chicken Salad (2g)

**Cheese:** American (2g) | Cheddar (0g)

Swiss (0.5g) | Provolone (0g)

**Toppings:** Lettuce (0g) | Tomato (1g)

Onion (1g) | Pickles (0g)

Ask us about our homeade lunchables!

### SOUP & SALAD

Chicken Noodle (3g) | Tomato (18g)

Vegetable (7g) | Chef Salad (10g)

Chicken Caesar Salad (18g)

Garden Salad (3g)

**Dressings (see package):**

Ranch | Italian | Caesar

### HOT GRILL

Chicken & Cheese Quesadilla (35g)

Grilled Chicken (0g)

Grilled Cheese (28g) | Hamburger (34g)

**Cheese:** American (2g) | Cheddar (0g)

Swiss (0.5g) | Provolone (0g)

**Toppings:** Lettuce (0g) | Tomato (1g)

Onion (1g) | Pickles (0g)

### ENTREES

Chicken Nuggets - 6 (11g)

Meatball Sub (62g)

Breaded Chicken Sandwich (50g)

Fish Sandwich (49g) | Beef Taco (20g)

Penne Pasta & Marinara (32g)

Pasta O's (33g)

**Pizza:** Cheese (101g) | Pepperoni (101g)

### SIDES

**Vegetables:** Broccoli (6g) | Carrots (6g)

Corn (16g) | Green Beans (4g) | Peas (11g)

**Starch:** Mac & Cheese (19g)

Mashed Potatoes (21g) | French Fries (17g)

Buttered Egg Noodles (29g)

Assorted Chips (see package)

Cheese Stick (1g)

**Rice:** White (29g) | Brown (38g)

### FRUIT

Fresh Fruit Cup (12g) | Applesauce (14g)

Dole Pears (13g) | Dole Peaches (14g)

Dole Mandarin Oranges (19g) | Grapes (14g)

Strawberries (6g) | Pineapple (10g)

**Whole Fruit:** Apple (22g) | Banana (29g)

Orange (18g)

### DESSERTS

#### Choose One

Animal Crackers (see package)

SF Gelatin (1g)

**Pudding:** SF Vanilla (15g) | SF Chocolate (17g)

**Ice Cream:** Chocolate (15g) | Vanilla (15g)

Strawberry (16g)

### BEVERAGES

**Milk (see package):** White | Almond | Soy

Sugar-Free Crystal Light (see package)

### CONDIMENTS

Ketchup (3g) | Peanut Butter (5g)

BBQ Sauce (12g) | SF Syrup (4g)

SF Jelly (3g) | Honey Mustard Sauce (8g)

## Beach Breakfast

### SUNDAY

**Scrambled Eggs** (1g)

Honey Nut Cheerios® (see package)

Tater Tots (19g) | Banana (29g)

Milk (11g) | Water (0g)

### MONDAY

**Waffles - 2** (54g)

Scrambled Eggs (1g) | Sausage Links (0g)

Raisin Bran (see package)

Fresh Fruit Cup (12g) | SF Syrup (4g)

Milk (11g) | Water (0g)

### TUESDAY

**Egg and Cheese Croissant** (24g)

Bacon (0g) | Apple Slices (9g)

Yogurt Dip (9g) | Milk (11g) | Water (0g)

### WEDNESDAY

**Pancakes - 2** (30g)

Scrambled Eggs (1g)

Rice Krispies® (see package) | Orange (18g)

SF Syrup (4g) | Milk (11g) | Water (0g)

### THURSDAY

**Cinnamon French Toast** (26g)

Scrambled Eggs (1g) | Fresh Fruit Cup (12g)

SF Syrup (4g) | Milk (11g) | Water (0g)

### FRIDAY

**Scrambled Eggs** (1g)

Bacon (0g) | English Muffin (13g)

Fruit and Yogurt Parfait (43g) | Banana (29g)

Milk (11g) | Water (0g)

### SATURDAY

**Pancakes - 2** (30g)

Scrambled Eggs (1g) | Sausage Links (0g)

SF Syrup (4g) | Strawberries (6g)

Yogurt (see package)

Milk (11g) | Water (0g)

## Long Boat Lunch

### SUNDAY

**Beef Taco - 1** (20g)

Street Corn Salad (26g)

Spanish Rice (27g)

Peaches (14g) | Milk (11g) | Water (0g)

### MONDAY

**Hamburger** (34g)

Potato Wedges (19g) | Salad (3g)

Ranch (see package) | Strawberries (6g)

Milk (11g) | Water (0g)

### TUESDAY

**Breaded Chicken Sandwich** (50g)

Mashed Potatoes (21g) | Gravy (3g)

Green Beans (4g) | Pears (13g)

Milk (11g) | Water (0g)

### WEDNESDAY

**Pepperoni Pizza** (101g)

Carrots (9g) | Ranch (see package)

Fresh Fruit Cup (12g)

Milk (11g) | Water (0g)

### THURSDAY

**Chicken Nuggets - 6** (11g)

Tater Tots (19g) | Ranch (see package)

Cucumber (2g) | Pineapple (10g)

Milk (11g) | Water (0g)

### FRIDAY

**Pulled Chicken Sliders** (56g)

Mac & Cheese (19g)

Roasted Broccoli (8g)

Peaches (14g) | Milk (11g) | Water (0g)

### SATURDAY

**Meatball Sub** (62g)

Carrots and Celery (6g)

Peanut Butter (5g) | Pears (13g)

Doritos® (see package)

Milk (11g) | Water (0g)

## Deep Sea Dinner

### SUNDAY

**Chicken Fried Rice** (47g)

Vegetable Stir Fry (6g)

Grapes (14g)

Milk (11g) | Water (0g)

### MONDAY

**Spaghetti and Meatballs** (47g)

Broccoli (6g) | Cheese Sauce (2.5g)

Garlic Breadstick (25g)

Mandarin Oranges (19g)

Milk (11g) | Water (0g)

### TUESDAY

**Boneless BBQ Chicken Thigh** (24g)

BLT Pasta Salad (20g)

Potato Wedges (19g)

Strawberries (6g) | Milk (11g) | Water (0g)

### WEDNESDAY

**Chicken Quesadilla** (35g)

Black Bean Salsa (14g)

Chips & Salsa (22g)

Grapes (14g) | Milk (11g) | Water (0g)

### THURSDAY

**Baked Ziti w/Meat Sauce** (20g)

Green Beans (4g)

Garlic Breadstick (25g)

Pears (13g) | Milk (11g) | Water (0g)

### FRIDAY

**Classic Cheese Pizza** (101g)

Salad (3g) | Ranch (see package)

Mandarin Oranges (19g)

Milk (11g) | Water (0g)

### SATURDAY

**Chicken Nuggets - 6** (11g)

Mac & Cheese (19g) | Broccoli (3g)

Apple Slices (9g)

Milk (11g) | Water (0g)

**Our goal is to ensure there are food selections that excite you! Please let our nutrition team know of any dietary preferences or food allergies you may have.**

**Chef Special for today doesn't interest you?**

Make sure to explore our **Also Available** options or ask your dining associate for our Plant Forward menu.