

Also Available

BREAKFAST

Scrambled Eggs (1g) | Bacon (0g) | Sausage (1g) | Turkey Sausage (0g) | Pancake (15g) | French Toast Sticks (25g)
Tater Tots (19g) | Buttermilk Biscuit (23g) | Blueberry Muffin (30g) • **Hot Cereal:** Oatmeal (12g) | Grits (18g)
Cold Cereal: Assorted Varieties (see package) • **Toast:** White Bread (13g per slice) | Wheat Bread (13g per slice)

SANDWICHES

Build-Your-Own Deli Sandwich

Bread: White Bread (13g per slice) | Wheat Bread (13g per slice) | Wrap (34g) | Gluten-Free White Bread (23g per slice)
Meats: Turkey (0g) | Ham (1g) | Bacon (0g) | Roast Beef (0g) | Pepperoni (0g) | Tuna Salad (2g) | Chicken Salad (2g)
Cheese: American (2g) | Cheddar (0g) | Swiss (0g) | Provolone (0g)
Toppings: Lettuce (0g) | Tomato (1g) | Red Onion (1g) | Dill Pickles (0)
Uncrustables®: Grape (32g) | Strawberry (32g)
Homemade Charcuties: Ham, Cheese & Crackers (21g) | Turkey, Cheese & Crackers (20g)

SOUP & SALAD

Soup: Chicken Noodle (3g) | Tomato (18g) | Vegetable (7g)
Salads: Chef Salad (10g) | Garden Salad (9g) | Caesar Salad (16g) | Grilled Chicken Caesar Salad (18g)
Salad Dressings: Ranch (see package) | Italian (see package) | Caesar (see package)

HOT GRILL

Cheese Quesadilla (36g) | Chicken & Cheese Quesadilla (35g) | Grilled Chicken (0g) | Grilled Cheese (28g)
Hamburger (23g) | Veggie Burger (29g)
Cheese: American (2g) | Cheddar (0g) | Swiss (0g) | Provolone (0g)
Toppings: Lettuce (0g) | Tomato (1g) | Red Onion (1g) | Dill Pickles (0g)

ENTRÉES

Chicken Nuggets (11g) | Beef Soft Shell Tacos (30g) | Breaded Chicken Sandwich (50g)
Pizza: Cheese (101g) | Pepperoni (101g)
Build-Your-Own Pasta Bowl
Pasta: Penne (21g) | Spaghetti (26g) | Egg Noodles (29g) • **Meats:** Grilled Chicken (0g) | Meatballs (6g)
Sauce: Alfredo (6g) | Marinara (11g) | Pesto (1g)

SIDES

Cooked Veggies: Broccoli (6g) | Carrots (6g) | Corn (16g) | Green Beans (4g) | Peas (11g)
Raw Veggies: Broccoli (3g) | Cucumbers (2g) | Carrot & Celery Sticks (6g)
Starch: Mac & Cheese (17g) | French Fries (17g) | Smiley Fries (25g) | Sweet Potato Fries (24g)
Assorted Chips (see package) | Whipped Potatoes (15g) | Egg Noodles (29g) • **Rice:** White (29g) | Brown (38g)

FRUIT & YOGURT

Applesauce (12g) | Fresh Fruit Cup (12g) | Strawberries (6g) | Dole® Pears (13g) | Dole® Peaches (14g)
Dole® Mandarin Oranges (19g) | Fresh Pineapple (10g) | Seedless Grapes (14g)
Whole Fruit: Apple (22g) | Banana (29g) | Orange (18g) • **Yogurt:** Strawberry (13g) | Fruit & Yogurt Parfait (43g)

DESSERTS

Chocolate Ice Cream (15g) | Vanilla Ice Cream (15g) | Strawberry Ice Cream (16g) | Sugar-Free Gelatin (1g)
Sugar-Free Chocolate Pudding (17g) | Sugar-Free Vanilla Pudding (15g) | Animal Crackers (see package)

BEVERAGES

Gatorade® Zero (see package) | Crystal Light® Sugar-Free (see package) | White Milk (see package)
Vanilla Almond Milk (see package) | Vanilla Soy Milk (see package)

CONDIMENTS

Ketchup (3g) | BBQ Sauce (12g) | Honey Mustard (8g) | Peanut Butter (5g) | Sugar-Free Syrup (4g)
Sugar-Free Fruit Jelly (3g)



Children's Hospital of The King's Daughters Carb Counting 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 (17g) • Sausage (1g) | Fresh Fruit Cup (12g) | Milk (11g) | Water

MONDAY

Scrambled Eggs (1g) • Turkey Sausage (0g) | Wheat Toast (13g) | Strawberries (6g) | Milk (11g) | Water

TUESDAY

Cheesy Egg Veggie Breakfast Casserole (3g) • Bacon (0g) | Tater Tots (19g) | Banana (29g) | Milk (11g) | Water

WEDNESDAY

Egg, Sausage & Cheese on an English Muffin (28g) • Fruit & Yogurt Parfait (43g) | Blueberry Muffin (30g) | Milk (11g) | Water

THURSDAY

Pancakes (30g) • Scrambled Eggs (1g) | Bacon (0g) | Mixed Berries (11g) | Milk (11g) | Water

FRIDAY

French Toast Sticks (25g) • Western Egg Bake (3g) | Fresh Fruit Cup (12g) | Milk (11g) | Water

SATURDAY

Scrambled Eggs (1g) • Fruit & Yogurt Parfait (43g) | Tater Tots (19g) | Bacon (0g) | Blueberry Muffin (30g) | Milk (11g) | Water

Long Boat Lunch

SUNDAY

Cheeseburger (24g) • Smiley Fries (25g) | Garden Salad with Ranch (10g) | Grapes (14g) | Milk (11g) | Water

MONDAY

Beef Soft Shell Tacos (30g) • Abuela's Rice (27g) | Shredded Lettuce (0g) | Diced Tomatoes (1g) | Shredded Cheddar Cheese (2g) | Salsa (4g) | Fresh Pineapple (10g) | Milk (11g) | Water

TUESDAY

Breaded Chicken Sandwich (50g) • Carrot & Celery Sticks with Ranch (10g) | Smiley Fries (25g) | Dole® Peaches (14g) | Milk (11g) | Water

WEDNESDAY

Penne Alfredo (27g) • Roasted Broccoli (8g) | Garlic Bread (18g) | Strawberries (6g) | Milk (11g) | Water

THURSDAY

Sloppy Joe (50g) • Whipped Potatoes (15g) | Green Beans (4g) | Blueberries (10g) | Milk (11g) | Water

FRIDAY

Chicken & Cheese Quesadilla (35g) • Chuckwagon Corn (12g) | Grapes (14g) | Milk (11g) | Water

SATURDAY

BBQ Chicken Thigh (24g) • Glazed Carrots (12g) | Macaroni & Cheese (17g) | Dole® Mandarins (19g) | Milk (11g) | Water

Deep Sea Dinner

SUNDAY

Stuffed Shells with Marinara (47g) • Garlic Bread (18g) | Lemon Broccoli (7g) | Strawberries (6g) | Milk (11g) | Water

MONDAY

Orange Ginger Chicken Stir-Fry (15g) • Jasmine Rice (37g) | Dole® Pears (13g) | Milk (11g) | Water

TUESDAY

Personal Pepperoni Pizza (101g) • Garden Salad with Ranch (10g) | Dole® Mandarins (19g) | Milk (11g) | Water

WEDNESDAY

Fried Chicken, Whipped Potato, Corn & Gravy Bowl (57g) • Dinner Roll (19g) | Mixed Berries (11g) | Milk (11g) | Water

THURSDAY

Grilled Chicken Parmesan with Marinara (9g) • Spaghetti (26g) | Mixed Veggies (9g) | Dole® Pears (13g) | Milk (11g) | Water

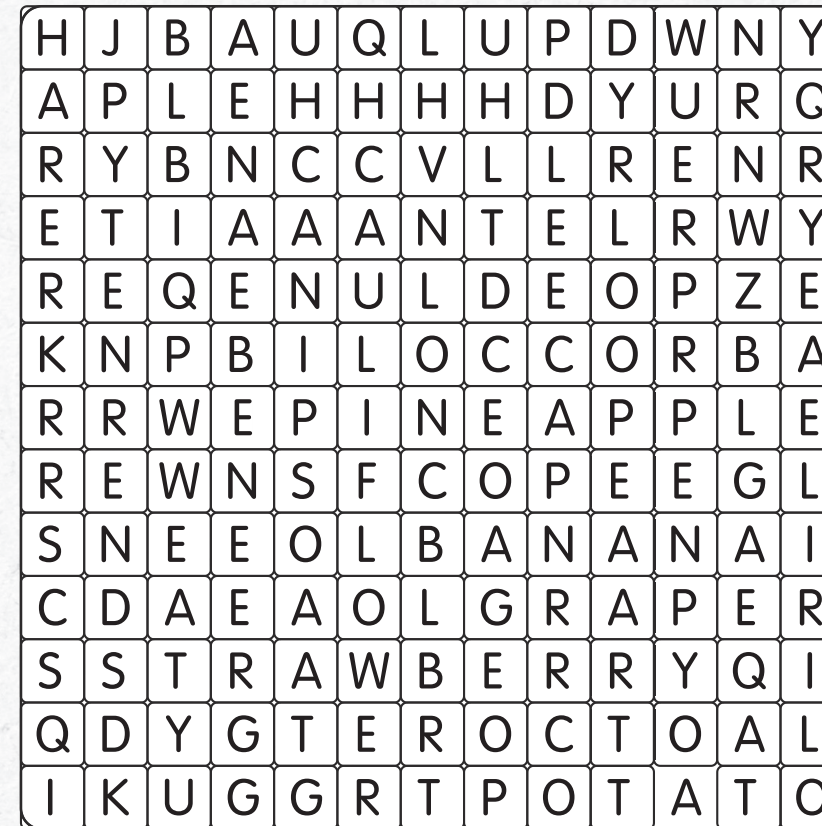
FRIDAY

Baked Ziti with Meat Sauce (20g) • Steamed Broccoli (6g) | Garlic Bread (18g) | Fresh Pineapple (10g) | Milk (11g) | Water

SATURDAY

Tater Tot Casserole (34g) • Green Beans (4g) | Dole® Peaches (14g) | Milk (11g) | Water

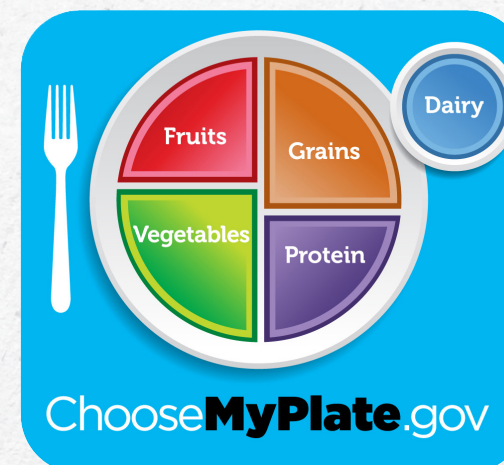
Fruits & Veggies Word Search



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!

