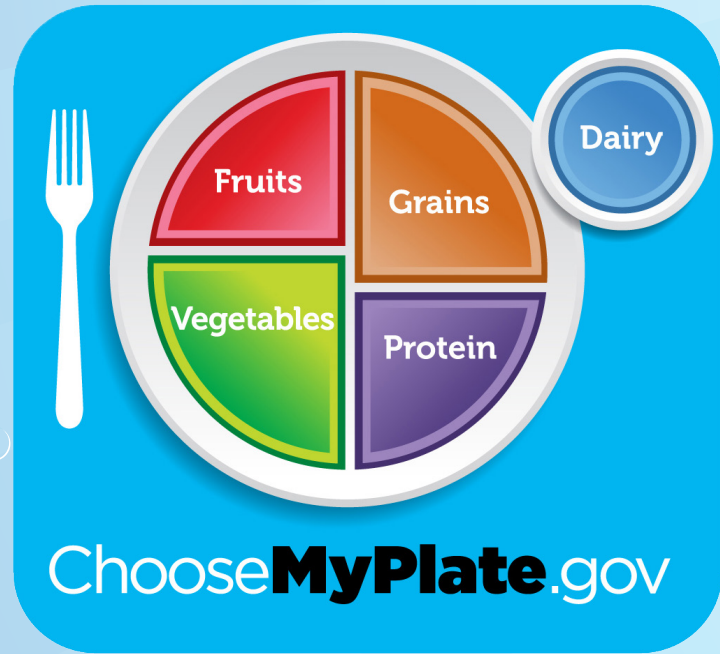


# Daily Food



## What is MyPlate?

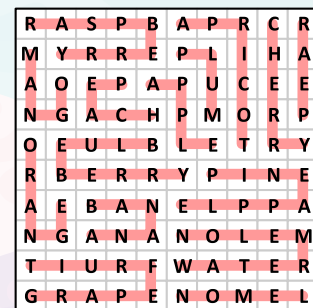
- MyPlate is a reminder that eating a variety of foods helps us stay healthy.
- Eating foods from all the food groups at meal times will provide energy and nutrients that everyone needs to feel good.
- Everything we eat and drink matters! The right mix can help you be healthier now and in the future.

### 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:



# 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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# CHKD Dining Menu

## How it Works:

Our goal is to deliver fresh, delicious food to your room daily. Choose from a wide variety of foods for kids and teens of all ages. An experienced chef guarantees the highest quality food experience at every meal.

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: 7:30 a.m.-9:00 a.m.  
Lunch: 11:30 a.m.-1:00 p.m.  
Dinner: 4:30 p.m.-6:00 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.

## Dining Associate:

 Children's Hospital of The King's Daughters

## Beach Breakfast

### SUNDAY

#### Scrambled Eggs

Honey Nut Cheerios® | Tater Tots  
Banana | Yogurt | Milk

### MONDAY

#### Waffles

Sausage Links | Fresh Fruit Cup  
Syrup | Milk

### TUESDAY

#### Egg and Cheese Biscuit

Bacon | Apple Slices & Yogurt Dip  
Milk

### WEDNESDAY

#### Pancakes

Rice Krispies® | Blueberries  
Syrup | Milk

### THURSDAY

#### French Toast Sticks

Scrambled Eggs | Fresh Fruit Cup  
Syrup | Milk

### FRIDAY

#### Scrambled Eggs

Mini Bagel | Bacon  
Fruit and Yogurt Parfait | Milk

### SATURDAY

#### Pancakes

Sausage Links | Strawberries  
Syrup | Yogurt | Milk

## Long Boat Lunch

### SUNDAY

#### Beef Tacos

Corn on the Cob | Brown Rice  
Peaches | Milk

### MONDAY

#### Chicken Nuggets

Tater Tots | Cucumbers & Ranch  
Pineapple | Milk

### TUESDAY

#### Meatloaf

Mashed Potatoes | Gravy  
Green Beans | Pears | Milk

### WEDNESDAY

#### Pepperoni Pizza

Carrots & Ranch | Fresh Fruit Cup  
Milk

### THURSDAY

#### Hamburger

French Fries | Salad with Ranch  
Strawberries | Milk

### FRIDAY

#### Fish Sticks

Sweet Potato Fries  
Roasted Zucchini | Peaches | Milk

### SATURDAY

#### Meatball Sub

Carrots, Celery & Hummus  
Doritos® | Pears | Milk

## Deep Sea Dinner

### SUNDAY

#### Philly Cheese Steak

Grilled Zucchini & Squash  
Potato Chips | Grapes | Water

### MONDAY

#### Spaghetti and Meatballs

Broccoli & Cheese Sauce  
Garlic Breadstick  
Mandarin Oranges | Water

### TUESDAY

#### Baked Chicken Drumsticks

Roasted Vegetables | Baked Potato  
Strawberries | Water

### WEDNESDAY

#### Chicken Quesadilla

Corn | Spanish Rice | Grapes | Water

### THURSDAY

#### Baked Ziti with Meat Sauce

Garlic Breadstick | Green Beans  
Pears | Water

### FRIDAY

#### Classic Cheese Pizza

Salad with Ranch  
Mandarin Oranges  
Water

### SATURDAY

#### Chicken Nuggets

Broccoli | Mac & Cheese  
Apple Slices & Caramel Dip  
Water

## Also Available

### BREAKFAST

Oatmeal | Grits  
Scrambled Eggs | Bacon | Sausage  
Blueberry Muffin | Biscuit  
Yogurt | Assorted Cold Cereal  
**Toast:** White or Wheat

### SANDWICHES

Uncrustables Peanut Butter & Jelly  
Turkey & Cheese  
Ham & Cheese | Tuna Salad  
**Cheese:** American | Cheddar  
Swiss | Provolone  
**Toppings:** Lettuce | Tomato  
Onion | Pickles

### SOUP & SALAD

Chicken Noodle | Tomato  
Vegetable | Chicken & Rice  
Chicken Caesar Salad | Chef Salad  
**Dressings:** Ranch | Italian | Caesar

### HOT GRILL

Chicken & Cheese Quesadilla  
Grilled Chicken | Grilled Cheese  
Hamburger  
**Cheese:** American | Cheddar  
Swiss | Provolone  
**Toppings:** Lettuce | Tomato  
Onion | Pickles

### FAN FAVORITES

Chicken Nuggets | Fish Sticks  
Penne Pasta & Marinara  
**Pizza:** Cheese | Pepperoni

### SIDES

**Vegetables:** Broccoli | Carrots | Corn  
Green Beans | Peas | Side Salad  
**Starch:** Mac & Cheese  
Mashed Potatoes | French Fries  
Buttered Egg Noodles  
Assorted Chips  
**Rice:** White | Brown

### DESSERTS

Ice Cream | Sherbet | Gelatin  
Pudding | Dole Fruit Cup  
Applesauce | Fresh Fruit Cup  
**Whole Fruit:** Apple | Banana | Orange  
**Cookie:** Sugar | Chocolate Chip

### BEVERAGES

**Juice:** Apple | Orange | Cranberry  
**Milk:** White | Chocolate | Almond | Soy  
Hot Cocoa | Sugar-Free Crystal Light

Please tell your Doctor, Nurse and Dietitian if you have special dietary needs or have food allergies. They can help make sure you get foods that are right for you!