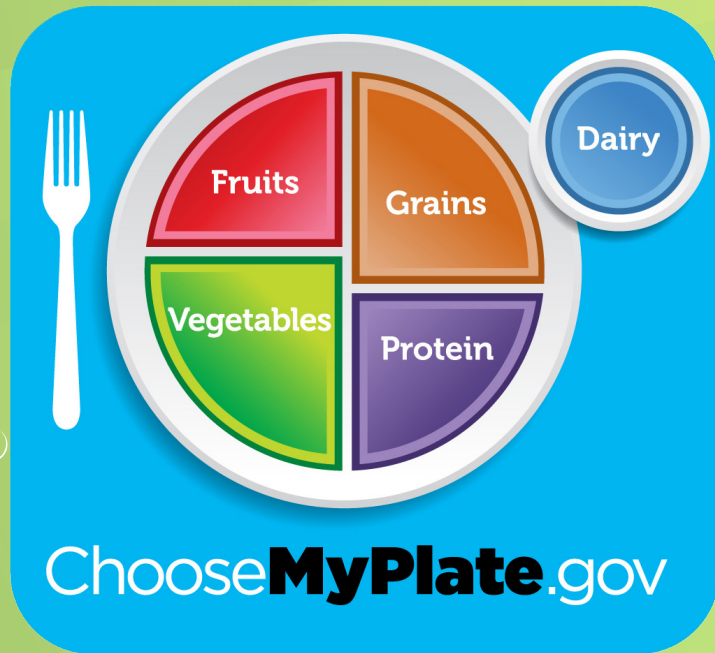


Daily Food



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.

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:

Kids Menu

**Carbohydrate Counting,
No Concentrated Sweets**

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.

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 (2g)
Honey Nut Cheerios® (see package)
Tater Tots (21g) | Banana (27g)
Yogurt (see package) | Milk (12g)

MONDAY

Waffles - 2 (27g)
Sausage Links (0g) | Fresh Fruit Cup (9g)
SF Syrup (4g) | Milk (12g)

TUESDAY

Egg and Cheese Biscuit (35g)
Bacon (0g) | Apple Slices (11g)
Yogurt Dip (9g) | Milk (12g)

WEDNESDAY

Pancakes - 2 (33g)
Rice Krispies® (see package) | Blueberries (7g)
SF Syrup (4g) | Milk (12g)

THURSDAY

French Toast Sticks - 4 (35g)
Scrambled Eggs (2g) | Fresh Fruit Cup (9g)
SF Syrup (4g) | Milk (12g)

FRIDAY

Scrambled Eggs (2g)
Bacon (0g) | Mini Bagel (27g)
Fruit and Yogurt Parfait (40g)
Milk (12g)

SATURDAY

Pancakes - 2 (33g)
Sausage Links (0g) | SF Syrup (4g)
Strawberries (6g) | Yogurt (see package)
Milk (12g)

Long Boat Lunch

SUNDAY

Beef Tacos - 2 (20g)
Corn on the Cob (11g) | Brown Rice (24g)
Peaches (14g) | Milk (12g)

MONDAY

Chicken Nuggets - 6 (21g)
Tater Tots (21g) | Cucumber (2g)
Ranch (see package)
Pineapple (11g) | Milk (12g)

TUESDAY

Meatloaf (12g)
Mashed Potatoes (18g) | Gravy (3g)
Green Beans (5g) | Pears (18g)
Milk (12g)

WEDNESDAY

Pepperoni Pizza (80g)
Carrots (7g) | Ranch (see package)
Fresh Fruit Cup (9g) | Milk (12g)

THURSDAY

Hamburger (22g)
Salad (3g) | Ranch (see package)
French Fries (21g) | Strawberries (6g)
Milk (12g)

FRIDAY

Fish Sticks - 4 (22g)
Sweet Potato Fries (24g)
Roasted Zucchini (5g)
Peaches (14g) | Milk (12g)

SATURDAY

Meatball Sub (63g)
Carrots and Celery (4g)
Hummus (3g) | Pears (18g)
Doritos® (see package)
Milk (12g)

Deep Sea Dinner

SUNDAY

Philly Cheese Steak (51g)
Grilled Zucchini & Squash (2g)
Potato Chips (see package)
Grapes (14g) | Water (0g)

MONDAY

Spaghetti and Meatballs (55g)
Broccoli (4g) | Cheese Sauce (9g)
Garlic Breadstick (27g)
Mandarin Oranges (16g)
Water (0g)

TUESDAY

Baked Chicken Drumsticks - 2 (4g)
Roasted Vegetables (16g)
Baked Potato (49g)
Strawberries (6g) | Water (0g)

WEDNESDAY

Chicken Quesadilla (22g)
Corn (15g) | Spanish Rice (13g)
Grapes (14g) | Water (0g)

THURSDAY

Baked Ziti w/Meat Sauce (50g)
Green Beans (5g)
Garlic Breadstick (27g)
Pears (18g) | Water (0g)

FRIDAY

Classic Cheese Pizza (80g)
Salad (3g) | Ranch (see package)
Mandarin Oranges (16g)
Water (0g)

SATURDAY

Chicken Nuggets - 6 (21g)
Mac & Cheese (17g) | Broccoli (4g)
Apple Slices (11g)
Water (0g)

Also Available

BREAKFAST

Oatmeal (27g) | Grits (29g)
Scrambled Eggs (2g) | Bacon (0g)
Sausage Link (0g) | Biscuit (35g)
Blueberry Muffin (see package)
Yogurt (see package)
Assorted Cold Cereal (see package)

Toast: White (16g each)
Wheat (15g each)

SANDWICHES

Uncrustables Peanut Butter & Jelly (32g)
Turkey & Cheese (32g)
Ham & Cheese (32g) | Tuna Salad (35g)
Cheese: American (2g) | Cheddar (1g)
Swiss (0g) | Provolone (1g)
Toppings: Lettuce (0g) | Tomato (1g)
Onion (1g) | Pickles (1g)

SOUP & SALAD

Chicken Noodle (8g) | Tomato (22g)
Vegetable (14g)
Chicken Caesar Salad (13g)
Chef Salad (7g)
Dressings (see package):
Ranch | Italian | Caesar

HOT GRILL

Chicken & Cheese Quesadilla (22g)
Grilled Chicken (0g)
Grilled Cheese (33g) | Hamburger (22g)
Cheese: American (2g) | Cheddar (1g)
Swiss (0g) | Provolone (1g)
Toppings: Lettuce (0g) | Tomato (1g)
Onion (1g) | Pickles (1g)

FAN FAVORITES

Chicken Nuggets - 6 (21g)
Fish Sticks - 4 (22g)
Penne Pasta & Marinara (31g)
Pizza: Cheese (80g) | Pepperoni (80g)

SIDES

Vegetables: Broccoli (4g) | Carrots (8g)
Corn (15g) | Green Beans (5g)
Peas (10g) | Side Salad (3g)
Starch: Mac & Cheese (17g)
Mashed Potatoes (18g)
French Fries (21g)
Buttered Egg Noodles (21g)
Assorted Chips (read package)
Cheese Stick (1g)
Rice: White (23g) | Brown (24g)

FRUIT

Fresh Fruit Cup (9g) | Applesauce (13g)
Dole Pears (18g) | Dole Peaches (14g)
Dole Mandarin Oranges (16g)
Whole Fruit: Apple (18g) | Banana (27g)
Orange (15g)

DESSERTS

Choose One

SF Gelatin (2g)
Pudding: SF Vanilla (11g)
SF Chocolate (14g)
Ice Cream: Chocolate (19g)
Vanilla (16g) | Strawberry (18g)
Teddy Grahams (16g)

BEVERAGES

Milk (see package):
White | Almond | Soy
Sugar-Free Crystal Light (see package)

CONDIMENTS

Ketchup (3g) | Peanut Butter (5g)
BBQ Sauce (10g) | SF Syrup (4g)
SF Jelly (3g) | Honey Mustard Sauce (8g)

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!