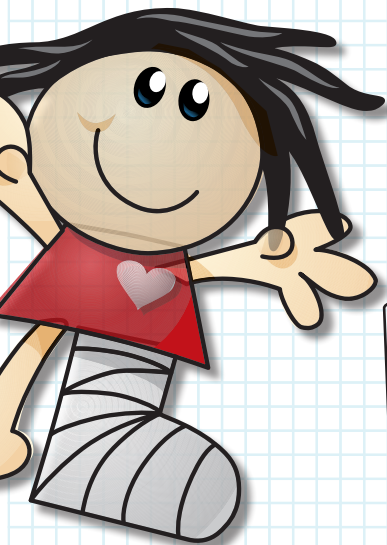


CHILDREN'S MENU



BREAKFAST BREADS & CEREALS

- ♥✓ 27g. Oatmeal
- ✓ 24g. Blueberry Muffin
- 27g. Danish
- ♥✓ Cold Cereal
- 18g. Corn Flakes
- 20g. Cheerios
- 23g. Lucky Charms
- 19g. Corn Pops
- 15g. Rice Krispies
- 27g. Raisin Bran
- 18g. Rice Chex
- 25g. Frosted Flakes

BREAKFAST OPTIONS

- ♥✓ 19g. Buttermilk Pancakes (1)
- 5g. Cheese Omelet
- ♥✓ 22g. French Toast (1)
- 29g. Egg & Cheese English Muffin Sandwich
- 37g. Sausage, Egg & Cheese Croissant Sandwich
- ♥✓ 0g. Scrambled Eggs
- 27g. Home Fries

Symbol Key

- ♥ Item can be ordered on a **Low Fat Diet.**
- ✓ Item can be ordered on a **Low Sodium Diet.**
- 🍴 Item is **Vegetarian.**
- ! Item is **not allowed for children < 3 years.**

#g. Carbohydrates in grams.

DRINKS

- ✓ 6g. 2% Milk
- ✓ 6g. Whole Milk
- ♥✓ 6g. Skim Milk
- ♥✓ 13g. Lactaid Milk
- ✓ 21g. Chocolate Milk
- ♥✓ 18g. Soy Milk
- ♥✓ 11g. Orange Juice
- ♥✓ 13g. Apple Juice
- ♥✓ 13g. Cranberry Juice
- ♥✓ 27g. Lemonade

SNACKS & FRUIT

- | SNACKS | FRUIT |
|---------------------------|---------------------|
| ♥✓ 22g. Pretzels | ♥✓ 7g. Apple Slices |
| ♥✓ 20g. Baked Lays | !♥✓ 12g. Fruit Cup |
| ✓ 0g. String Cheese | ♥✓ 13g. Applesauce |
| ✓ 20g. Yogurt | ♥✓ 10g. Peaches |
| ♥✓ 0g. Baby Carrots | ♥✓ 15g. Pears |
| !♥✓ 6g. Hummus | ♥✓ 22g. Banana |
| ♥✓ 14g. Goldfish Crackers | |
| ♥✓ 38g. Poptarts | |

Available throughout the day

LUNCH & DINNER

ENTREES

- 🍴 25g. Pizza (Slice)
- ✓ 39g. Chicken Fingers (2)
- ♥✓ 28g. Hamburger
- ♥✓ 25g. Pasta with Marinara
- ✓ 50g. Macaroni & Cheese
- 🍴 19g. Elbows with butter
- ! 24g. Hot Dog
- ♥✓ 2g. Grilled Chicken

SANDWICHES

- 🍴 24g. Grilled Cheese
- ♥✓ 30g. Grilled Chicken Sandwich
- ♥✓ 33g. PB & J Uncrustables
- ♥✓ 30g. Turkey & Provolone
- ♥✓ 30g. Ham & Swiss
- ♥✓ 46g. Turkey Club
- ♥✓ 30g. Egg Salad

SIDES

- ♥✓ 17g. Mashed Potatoes
- ♥✓ 23g. Rice
- ✓ 20g. French Fries
- 🍴 25g. Macaroni & Cheese
- ♥✓ 10g. Garden Salad
- ♥✓ 9g. Caesar Salad
- ✓ 12g. Macaroni Salad

SOUPS

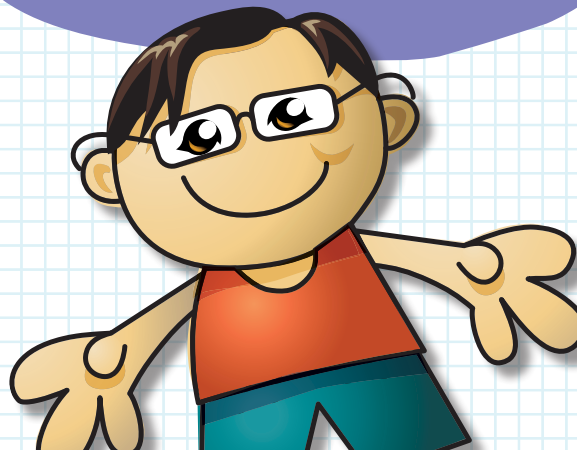
- ♥✓ 18g. Chicken Noodle Soup
- ♥✓ 16g. Cream of Tomato
- ♥✓ 2g. Chicken Broth
- 🍴 1g. Vegetable Broth

Vegetable

- ♥✓ 0g. Daily Hot Vegetable

DESSERTS

- ✓ 32g. Chocolate Chip Cookies
- ✓ 41g. Oreo Cookies
- ♥✓ 25g. Apple Crumble
- ♥✓ 16g. Ice Cream
- ♥✓ 14g. Orange Ice
- ♥✓ 21g. Lemon Ice
- ♥✓ 17g. Lime Gelatin
- ♥✓ 17g. Orange Gelatin
- ♥✓ 21g. Vanilla Pudding
- ♥✓ 13g. No Sugar Added Chocolate Pudding

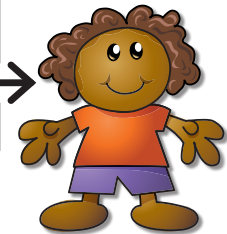
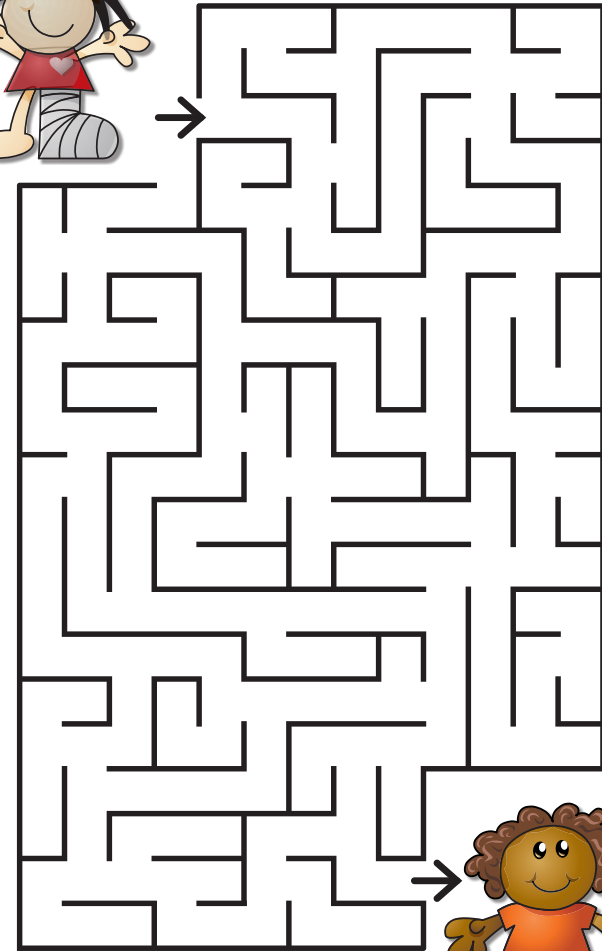


UR
MEDICINE

GOLISANO
CHILDREN'S HOSPITAL

CONDIMENTS

- ♥ 10g. BBQ Sauce
- ♥ ✓ 13g. Brown Sugar
- ✓ 1g. Cream Cheese
- ♥ ✓ 4g. Dressing
- ♥ ✓ 1g. Dressing (Italian)
- ✓ 0g. Dressing (Ranch)
- ♥ ✓ 6g. Hummas
- ♥ ✓ 9g. Jelly
- ♥ ✓ 2g. Ketchup
- ✓ 0g. Mayonnaise
- ♥ ✓ 0g. Mustard
- ♥ 10g. Honey Mustard
- ! ♥ ✓ 5g. Peanut Butter
- ✓ 2g. Sour Cream
- ♥ ✓ 30g. Syrup
- ♥ ✓ 4g. Syrup (Diet)



C	A	R	R	O	T	R	W	P	E
P	E	P	P	W	Q	X	R	U	G
C	T	O	M	A	T	O	A	M	G
O	V	E	G	C	V	G	D	P	P
R	R	T	E	T	O	M	I	K	L
N	P	E	P	P	E	R	S	I	A
C	A	B	B	A	G	E	H	N	N
W	P	O	T	A	T	O	E	S	T
C	U	C	U	M	B	E	R	A	Q
W	R	G	D	W	S	A	A	F	I
P	O	T	A	F	P	G	T	S	F

- ~~Carrot~~
- Tomato
- Peppers
- Potatoes
- Cucumber
- Pumpkins
- Corn
- Radish
- Eggplant
- Cabbage

HAVE GUESTS?

Guests can purchase meal vouchers in advance at Café 601 and then place their order with the Patient Menu Assistant. Our staff will deliver the guest tray to your bedside.

