

# HOW TO PLACE YOUR ORDER

Call Us At: 315-917-8188

You may place your orders between 6:30 a.m. and 7 p.m. Your meal is prepared and delivered within 45 minutes.

### Focus on Variety

Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

Eat at least five fruits and vegetables every day! Fill half of each plate with fruits and veggies.

Have a fruit with breakfast. Have a veggie for a snack.

Re-think your drink. Drink fat free or low fat milk or water instead of sugary drinks.

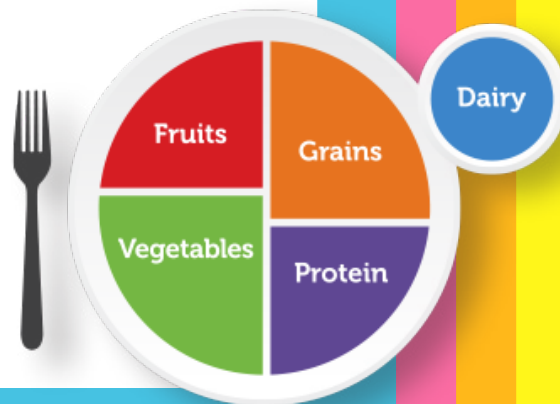
Guest trays are available for purchase. Breakfast, Lunch and Dinner are \$6.

For your convenience, purchased meals will be delivered to your child's room.

We accept credit cards.

*Some foods may not be appropriate based on your diet prescription.*

**MyPlate.gov**



# KIDS MENU



# BREAKFAST

**FRUITS:** Bananas, Strawberry Cup, Pineapple Cup, Grape Cup, Fresh Fruit Cup, Applesauce, Peaches, Pears

**ASSORTED CEREALS:** Rice Krispies, Froot Loops, Corn Flakes, Frosted Flakes, Raisin Bran

**HOT CEREALS:** Oatmeal, Cream of Wheat

**GREEK YOGURT:** Blueberry, Strawberry, Vanilla

**BREADS:** Blueberry Muffin, Banana Nut Muffin, Plain Bagel, English Muffin

**MAINS:** Scrambled Eggs, Boiled Eggs, Pancakes, French Toast, Bacon/Egg/Cheese Sandwich

**BREAKFAST SIDES:** Breakfast Potatoes, Bacon, Sausage

**MADE TO ORDER OMELET:** Cheddar, Swiss, American, Ham, Bacon, Sausage, Mushrooms, Bell Peppers, Tomatoes, Onion, Spinach

# DESSERTS

**COOKIES:** Sugar, Chocolate Chip, Oreo, Rice Krispy Treat, Graham Crackers, Vanilla Wafers

**BAKERY:** Brownie, Angel Food Cake, Chocolate Cake

**Pudding:** Chocolate, Vanilla

**FROZEN:** Vanilla Ice Cream, Chocolate Ice Cream, Orange Sherbet, Lemon Fruit Ice, Raspberry Sherbet, Orange Fruit Ice



# LUNCH/DINNER

**BUILD YOUR OWN SANDWICHES:**

**BREADS:** White, Wheat

**MEATS:** Turkey, Ham, Chicken Salad, Tuna Salad

**CHEESE:** American, Cheddar, Swiss

**GARDEN:** Lettuce, Tomato, Onion, Pickle, Cucumber

**SPECIAL:** Grilled Cheese, PB&J

**MAINS:** Hot Dogs, Hamburger, Cheeseburger, Grilled Chicken Breast, Grilled Chicken Sandwich, Chicken Nuggets, Chicken Tenders, Pizza (Cheese and Pepperoni), Spaghetti with Meat Sauce, Quesadilla (Cheese and Chicken)

**SIDES:** Tater Tots, French Fries, Mac and Cheese, Rice, Mashed Potatoes, Carrots, Broccoli, Corn, Green Beans, Fresh Carrots/Celery with Ranch, Chips, Pretzels

**SOUPS:** Chicken Noodle, Tomato, Garden Vegetable

# BEVERAGES

**MILK:** Whole, Chocolate, Soy, 1%, Lactaid

**JUICE:** Apple, Cranberry, Grape, Orange

**COLD:** Iced Tea, Lemonade, Ginger Ale, Coke

**HOT:** Hot Chocolate, Tea

