BREAKFAST (SERVED ALL DAY)

**ENTREES**
- Scrambled Eggs (1/2 cup) 2
- Hard-Boiled Egg (1) 1
- Gluten-Free Waffle (1) 13
- Toast 1
- Cinnamon Bun 1
- Hash Brown Casserole 1
- Breakfast Burrito 2
- Smoked Ham 2
- Ham Bacon 2
- Turkey Bacon 2
- Turkey 2
- Sausage 2

**CEREAL**
- Cheerios® 21
  - + Skim Milk 12
  - + 1% Milk 12
  - + Whole Milk 12

**BREAKFAST BREADS**
- Vanilla (Greek 100 Calorie) 2
- Strawberry (Greek) 2

**YOGURT**
- Seasonal Fruit 2
  - + Seasonal Fruit 1
  - + Greek Yogurt 1
  - + Acai Bowl 1
  - + Pomegranate 1
  - + Blueberry 1
  - + Raspberry 1

**Fruit Plate**
- + Seasonal Fruit 1
- + Greek Yogurt 1
  - + Mixed Berries 1
  - + Honey 1

**YOGURT**
- Seasonal Fruit 2
  - + Seasonal Fruit 1
  - + Greek Yogurt 1
  - + Acai Bowl 1
  - + Pomegranate 1
  - + Blueberry 1
  - + Raspberry 1

**Desserts**
- Hard Candy 18
- Chocolate Chip Cookie 30
- Gelato Dessert 21

**SNACKS**
- Hummus 10
- Popcorn 1

**SANDWICHES**
- Build your own sandwich. Choose a type of bread and add toppings.
  - + Whole Wheat (1 slice) 2
  - + Rye (1 slice) 2
  - + Pumpernickel (1 slice) 2
  - + Wheat (1 slice) 2
  - + Bagel (1 slice) 2
  - + Crescent (2 rolls) 2

**SOUPS**
- Chili® 28
- Amy’s™ Black Bean Soup 19
- Beef Broth 1
- Chicken Broth 1
- Vegetable Broth 5

**COTTAGE CHEESE AND FRUIT PLATE**
- Begin with cottage cheese and add two fruits.
  - + Cottage Cheese, 2% fat (1/2 cup) 6
  - + Apple Slices 8
  - + Applesauce 13
  - + Banana 27
  - + Diced Peaches 17
  - + Peach Slices 14
  - + Mandarin Oranges 22
  - + Red Seedless Grapes 15

**BREAKFAST SIDES**
- Bacon (1 strip) 0
- Pork Sausage Link (1 link) 0
- Ham Slice 1
- Hash Brown Patty 10

**ORDERING GUIDELINES**

**OMELET SPECIALS**
- SUNDAY
  - Denver — ham and green peppers 3
- MONDAY
  - Everything — green pepper, mushroom, ham, bacon, and cheddar cheese 4
- TUESDAY
  - Veggie — onion, green pepper, mushroom, and cheddar cheese 7
- WEDNESDAY
  - Midwestern — ham, tomatoes, green peppers, and cheddar cheese 2
- THURSDAY
  - Meat Lovers — ham, bacon, sausage, and cheddar cheese 2
- FRIDAY
  - Ham & Cheese 2
- SATURDAY
  - Sausage, mushrooms, and cheddar cheese ▲ 3

**COMFORT FOODS**
- Hard Shell Beef Taco (1) 13
- Pot Roast 0
- Marinated Chicken 1
- Chicken Tenders (2 Tenders) 8
- Baked Tofu 2
- Amy’s™ Non-Dairy Beans and Rice Burrito 38
- Enchilada Casserole 22

**SIDES**
- Baked Potato® 37
- Rice 24
- Mashed Potatoes 25
- Chips 23
- Regular Potato Chips 24
- Baked Potato Chips 24
- Cottage Cheese, 4% fat (3/4 cup) ▲ 5
- Cottage Cheese, 2% fat (1/4 cup) ▲ 3

**7” PIZZA SPECIALS**
- Available 10-8
- Cheese and Pepperoni also available.
- SUNDAY
  - Hawaiian — ham and pineapple 59
- MONDAY
  - Supreme — green pepper, mushroom, onion, pepperoni, and sausage 61
- TUESDAY
  - Veggie — onion, green pepper, mushroom, and cheddar cheese 60
- WEDNESDAY
  - Sauces and mushroom ▲ 56

**SANDWICHES**
- Build your own sandwich. Choose a type of bread and add toppings.
  - + Whole Wheat (1 slice) ▲ 2
  - + Rye (1 slice) ▲ 2
  - + Pumpernickel (1 slice) ▲ 2
  - + Wheat (1 slice) ▲ 2
  - + Bagel (1 slice) ▲ 2
  - + Crescent (2 rolls) ▲ 2

**SOUPS**
- Chili® ▲ 28
- Amy’s™ Black Bean Soup ▲ 19
- Beef Broth ▲ 1
- Chicken Broth ▲ 1
- Vegetable Broth ▲ 5

**SALADS**
- Mixed Greens Salad (with tomatoes and cucumbers) ▲ 5
  + Cheddar Cheese ▲ 0
  + Chicken ▲ 1
  + Bacon ▲ 0

**BUFFET FOODS**
- Hard Shell Beef Taco (1) ▲ 13
- Pot Roast ▲ 0
- Marinated Chicken ▲ 1
- Chicken Tenders (2 Tenders) ▲ 8
- Baked Tofu ▲ 2
- Amy’s™ Non-Dairy Beans and Rice Burrito ▲ 38
- Enchilada Casserole ▲ 22

**SIDES**
- Baked Potato® ▲ 37
- Rice ▲ 24
- Mashed Potatoes ▲ 25
- Chips ▲ 23
- Regular Potato Chips ▲ 24
- Baked Potato Chips ▲ 24
- Cottage Cheese, 4% fat (3/4 cup) ▲ 5
- Cottage Cheese, 2% fat (1/4 cup) ▲ 3

**VEGETABLES**
- Mixed Vegetables ▲ 6
- Green Beans ▲ 4
- Raw Carrot Sticks ▲ 5
- Raw Celery ▲ 2
- SkinniPop® Popcorn ▲ 8
- String Cheese ▲ 0
- Hummus ▲ 10

**DESSERTS**
- Hard Candy 18
- Chocolate Chip Cookie 30
- Gelato Dessert 21

**DESSERTS**
- Hummus ▲ 10
- Popcorn ▲ 1

**SANDWICHES**
- Build your own sandwich. Choose a type of bread and add toppings.
  - + Whole Wheat (1 slice) ▲ 2
  - + Rye (1 slice) ▲ 2
  - + Pumpernickel (1 slice) ▲ 2
  - + Wheat (1 slice) ▲ 2
  - + Bagel (1 slice) ▲ 2
  - + Crescent (2 rolls) ▲ 2

**SOUPS**
- Chili® ▲ 28
- Amy’s™ Black Bean Soup ▲ 19
- Beef Broth ▲ 1
- Chicken Broth ▲ 1
- Vegetable Broth ▲ 5

**SALADS**
- Mixed Greens Salad (with tomatoes and cucumbers) ▲ 5
  + Cheddar Cheese ▲ 0
  + Chicken ▲ 1
  + Bacon ▲ 0

**BUFFET FOODS**
- Hard Shell Beef Taco (1) ▲ 13
- Pot Roast ▲ 0
- Marinated Chicken ▲ 1
- Chicken Tenders (2 Tenders) ▲ 8
- Baked Tofu ▲ 2
- Amy’s™ Non-Dairy Beans and Rice Burrito ▲ 38
- Enchilada Casserole ▲ 22

**SIDES**
- Baked Potato® ▲ 37
- Rice ▲ 24
- Mashed Potatoes ▲ 25
- Chips ▲ 23
- Regular Potato Chips ▲ 24
- Baked Potato Chips ▲ 24
- Cottage Cheese, 4% fat (3/4 cup) ▲ 5
- Cottage Cheese, 2% fat (1/4 cup) ▲ 3

**VEGETABLES**
- Mixed Vegetables ▲ 6
- Green Beans ▲ 4
- Raw Carrot Sticks ▲ 5
- Raw Celery ▲ 2
- SkinniPop® Popcorn ▲ 8
- String Cheese ▲ 0
- Hummus ▲ 10

**DESSERTS**
- Hard Candy ▲ 18
- Chocolate Chip Cookie ▲ 30
- Gelato Dessert ▲ 21

**DESSERTS**
- Hummus ▲ 10
- Popcorn ▲ 1
## LIQUID DIETS

### CLEAR LIQUID DIET

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee (Regular or Decaf)</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tea (Black, Green, Decaf, or Iced)</td>
<td>0-1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice (Cranberry or Apple)</td>
<td>15-16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon Crystal Light</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broth▲</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable, Beef, or Chicken</td>
<td>1-5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Candy (Hard Candy)</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon Drops</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FULL LIQUID DIET

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice (Orange)</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prune</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>V-8▲</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Sodium V-8</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (Skim)</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1%</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate▲</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla Soy</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactose-free</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applesauce</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blended Fruit (Peaches)</td>
<td>22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed Berries</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt (Vanilla)</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## PATIENT ROOM SERVICE

### PATIENT ROOM SERVICE MENU

Dial 1 2 3 to order from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

This menu is heart healthy. There are no fried foods. Most items are low in sodium and low in fat.

Questions?

Our operator can help you with your choices. Our dietitians are also happy to help with any questions.

### Ordering Guidelines

**Hot Plate**
- 1 Entree
- 1 Hot Side

**Cold Plate**
- 1 Drink
- 2 Cold Sides

**Dessert**

**Drink**

**Condiments**

---

FNS 18-588 3/10/2023