**BREAKFAST ENTREES & SIDES**
* item only available 6 to 10 a.m.

- Pancake (1) .......................... $0.90
- Chocolate Chip Pancake (1) .... $0.90
- French Toast (1) .......................... $1.90
- Scrambled Eggs .......................... $1.75
- Hard Boiled Egg (1) .................. $0.99
- Eggnog and Chocolate Sauce .......................... $3.80
  Add: ham or bacon
- Omelet (Special) .......................... $5.75
- Biscuits and Gravy* .................. $3.05
- Hashbrown Patty .......................... $1.25
- Pork Sausage Link ......................... $0.90/each
- Bacon .................. $0.90/slice
- Blueberry Lemon Bread .......................... $1.25
- Banana Bread .................. $1.00
- Cinnamon Coffee Cake .................. $3.05
- White or Wheat Toast (1) .......................... $0.50
- English Muffin* .................. $0.85
- Biscuit (1) .......................... $1.00
  Add: Peanut Butter .................. $0.33
  Add: Butter, Margarine, Jelly, Diet
  Jelly, Syrup, Sugar-Free Syrup

**FRUIT**

- Oatmeal or Cream of Wheat® .......................... $2.00
- Cheerios®, Fruit Loops®, or
  Raisin Bran® .......................... $1.85
- Add: Sugar, Brown Sugar, Splenda®

- Banana .......................... $0.75
- Applesauce, Apple Slices, Mandarin
  Oranges, diced pears, peach slices...
  .......................... $0.75
- Fresh Fruit .......................... $2.65
- Cinnamon Coffee Cake Plate (1/2 cup
  plus 2 Fruit) .................. $1.60+cost of fruit

**YOGURT**

- Greek Yogurt .......................... $1.75
- Vanilla Yogurt .......................... $1.75
- Yogurt Parfait .......................... $3.20
- Light Key Lime Pie .......................... $1.75

**COMFORT FOODS**

- Chicken Strips .......................... $1.45/strip
  Add: Ketchup, Barbecue Sauce, Ranch
  Dressing
- Macaroni and Cheese .......................... $2.95
- Taco (1) hard or softshell .......................... $1.50
  Add: Taco Sauce, Pico de Gallo
- Sour Cream .......................... $0.50
- Meatloaf .......................... $3.40
- Pot Roast .......................... $4.50
- Marinated Chicken .......................... $3.75
- Baked Tilapia .......................... $2.25
- Open Face Sandwich .......................... $5.75
  (Turkey, Beef, or Meatloaf)
- Enchilada Casserole .......................... $4.20
- SpaghettiOs® .......................... $1.25
- Amy’s® Gluten-Free Non-Dairy Beans
  and Rice Burrito ............ $3.25

**COLD SANDWICHES**

- Choice of white or wheat bread

- Uncrustables® Grape .......................... $1.50
- Turkey, Ham, Roast Beef, Tuna Salad,
  Chicken Salad, Club .......................... $2.50
  Add: Ketchup, Mustard, Mayonnaise,
  Lettuce, Tomato, Red Onion, Pickles

**SOUPS**

- Chicken Noodle, Low Sodium Chicken
  Noodle, Tomato, Chili .......................... $2.45
- Amy’s® Black Bean .......................... $2.45
  Add: Saltine Crackers

**7TH PERSONAL PIZZA**

- Cheese, Pepperoni, Special of the
  Day (Ask Operator) ............ $6.05

**GRILL**

- Hamburger .......................... $3.55
- Cheeseburger .......................... $3.80
- Grilled Chicken Sandwich .......................... $3.95
- Impossible™ Burger .......................... $4.15
- Grilled Cheese .......................... $3.00
- Grilled Ham and Cheese .......................... $3.25
- Hot Dog .......................... $1.75
  Add: Ketchup, Mustard, Mayonnaise,
  Lettuce, Tomato, Red Onion, Pickles

**SIDES**

- French Fries .......................... $2.75
- Mashed Potatoes .......................... $1.50
- Gravy (Beef or Chicken) .......................... $0.85
- Buttered Noodles .......................... $1.45
- Pasta Salad .......................... $2.25
- Rice .......................... $1.45
- Dinner Roll .......................... $0.85
- Side Salad with Tomatoes and
  Cucumbers .......................... $2.05
  Add: Croutons, Ranch, Fat-free
  Ranch, French, Balsamic Vinaigrette
  Cottage Cheese, 4% fat .......................... $1.60
  Raw Carrots or Celery .......................... $1.40
  Mixed Vegetables, Green Beans,
  Corn .......................... $1.40
  Potato Chips (Regular or Baked) $1.60
  SkinnyPop® Popcorn .......................... $1.60

**BEVERAGES**

- Milk: Skim, 1%, Whole, Chocolate
  ........................................ $0.95
  Milk: Soy .......................... $1.55
  Milk: Fairlife 2% lactose free .......................... $2.50
  Coffee: Regular or Decaffeinated .......................... $1.50
  Tea: Black, Green, Decaf, Iced
  ........................................ $1.20
  Juice (assorted) .......................... $1.00
  Lemon Crystal Light® .......................... $0.75
  Gatorade G2® Glacier Frost .......................... $1.50
  Hot Chocolate .......................... $1.20

**SNACKS AND DESSERTS**

- Cookie: Chocolate Chip, Chocolate
  Crinkle, Sugar .......................... $1.45
- Rice Krispies® Bar .......................... $1.60
- New York Cheesecake .......................... $2.60
- Triple Chocolate Brownie .......................... $1.75
- Pumpkin (Vanilla, Chocolate) .......................... $1.10
- Italian ice .......................... $1.15
- Ice Cream (vanilla, chocolate) .......................... $1.50
- Berry Mousse Cream .......................... $2.60
- Animal Crackers .......................... $1.05
- Graham Crackers .......................... $0.50
- Cheddar Goldfish® Crackers .......................... $1.05
- Special K Protein Bars .......................... $1.75
- String Cheese .......................... $0.85
- Hummus .......................... $2.05
- Gelatin .......................... $1.10
- Lunchables® .......................... $3.35

**CONDIMENTS (NO CHARGE)**

- Salt
- Pepper
- Salt-Free Seasoning
- Sugar
- Splenda®
- Creamer and Non-Dairy Creamer
- Butter and Margarine
- Jelly: Regular and Sugar-free
- Brown Sugar Ketchup
- Mustard
- Ranch: Regular and Fat-free
- French Dressing
- Cesar Dressing
- Balsamic Vinaigrette
- Mayonnaise: Regular and Light
- Taco Sauce
- Tartar Sauce
- Barbeque Sauce
- Parmesan Cheese
- Syrup: Regular and Sugar-free
  Pico de Gallo
  Lemon Slice

**SNACKS & DESSERTS**

- One tasty recipe each meal is our daily special. These patient favorites are available during limited hours each week.

**BREAKFAST**

- Breakfast: 6 to 10 a.m., Lunch: 10 a.m. to 3 p.m., Dinner: 3 p.m. to 8 p.m.,
  Soup: 10 a.m. to 8 p.m.

**SUNDAY**

- Breakfast: Breakfast Pizza .......................... $6.05
- Lunch: Chicken Pot Pie .......................... $3.50
- Dinner: Barbeque Pulled Pork Topped
  Mac & Cheese .......................... $6.20
- Soup: Baked Potato .......................... $2.45

**MONDAY**

- Breakfast: Cinnamon Berry
  French Toast .......................... $3.40
- Lunch: Loose Meat Sandwich .......................... $4.95
- Dinner: Chicken Alfredo .......................... $4.75
- Soup: Beef Stew .......................... $2.45

**TUESDAY**

- Breakfast: Breakfast Taco (1) .......................... $1.70
- Lunch: Tuna Noodle Casserole .......................... $2.75
- Dinner: Spaghetti and Meatballs .......................... $4.40
- Soup: Broccoli Cheese .......................... $2.45

**WEDNESDAY**

- Breakfast: Banana Walnut
  Pancake .......................... $3.75
- Lunch: Tater Tot Casserole .......................... $2.72
- Dinner: Chicken Bacon Swiss Sandwich .......................... $4.75
- Soup: White Chicken Chili .......................... $2.45

**THURSDAY**

- Breakfast: Egg Bake .......................... $3.30
- Lunch: Goulash .......................... $2.75
- Dinner: Sweet and Sour Chicken
  with Rice .......................... $5.50
- Soup: Chicken Tortilla .......................... $2.45

**FRIDAY**

- Breakfast: Potato Breakfast Frittata .......................... $3.30
- Lunch: Pulled Pork Sandwich .......................... $5.75
- Dinner: Fish Taco (1) .......................... $2.00
- Soup: Chicken Wild Rice .......................... $2.45

**SATURDAY**

- Breakfast: Breakfast Taco (1) .......................... $1.70
- Lunch: Chicken or Egg Salad on a
  Croissant .......................... $4.75
- Dinner: Mushroom Swiss Burger .......................... $4.75
- Soup: Broccoli Cheese .......................... $2.45

**DAILY SPECIALS**

- Lunch: Chicken or Egg Salad on a
  Croissant .......................... $4.75
Dial 1 2 3 to order
or call 319-356-2714 from
6 a.m. to 8 p.m. Food will be
delivered within 60 minutes.

- You will need to purchase a
  Food and Nutrition gift card
to pay for your meals.

- Gift cards are available in all
  Food and Nutrition Services
dining areas.

- $5 minimum charge for Guest
  Room Service.

- Prices on menu are for
guests who wish to dine in a
patient’s room. Prices
subject to change.

- Daily homemade specials are
available at each meal. Ask
operator for more information.

Ordering Guidelines