

Beverages

Milk

skim (nonfat) \$0.85, 1% \$0.85, ♦whole \$0.85, chocolate \$0.85, vanilla soy or lactose-free \$1.35

Juice

orange \$1.85, cranberry \$1.85, apple \$1.85, prune \$1.85, low-sodium V8® or ♦V8® \$1.00

Tea \$0.80

black , green , decaf , or iced

Coffee \$1.20

regular or decaf

Lemon Crystal Light® \$0.50

Gatorade® G2 Mixed Berry \$1.05

Hot Chocolate \$0.80

Baby Food

Bananas \$0.85
Applesauce \$0.85

Sweet Potatoes \$0.85
Green Beans \$0.85

Snacks

Animal Crackers \$0.85
Graham Crackers \$0.65
Cheddar Goldfish® \$0.65

♦String Cheese \$0.70
Gelatin \$0.85—
Strawberry, Orange, Tropical
Sugar-Free Strawberry \$0.85

Sweet Treats

♦Chocolate Chip Cookie \$1.00
Chocolate Crinkle Cookie \$1.00
♦Oatmeal Raisin Cookie \$1.00
Rice Krispie® Bar \$1.25
♦New York Cheesecake \$3.00

♦Triple Chocolate Brownie \$1.25
Angel Food Muffin \$1.65
Vanilla Bean Cupcake \$2.85
♦Chocolate Pudding \$1.00
♦Vanilla Pudding \$1.00

Condiments

♦Salt
Pepper
Mrs. Dash®
Sugar
Splenda®
♦Creamer
Non-Dairy Creamer

\$0.05 each

♦Butter
Margarine
Jelly
Sugar-free Jelly
Brown Sugar

Fresh Salsa \$1.30

\$0.15 each

♦Ketchup
♦Mustard
♦Ranch
Fat-free Ranch
Basalmonic Vinagrette
French
♦Mayo
Low-fat Mayo
Tartar Sauce
♦Barbecue Sauce
Parmesan Cheese

\$0.25 each

Peanut Butter
Sour Cream

\$0.30 each

Syrup
Sugar-Free Syrup

Frozen Treats

♦Chocolate Ice Cream \$1.00
♦Vanilla Ice Cream \$1.00
Lemon Italian Ice \$1.00
Strawberry Italian Ice \$1.00
Vanilla Soft Serve \$1.50
Chocolate Soft Serve \$1.50
Twist Soft Serve \$1.50



University of Iowa
Stead Family
Children's Hospital

Guest Room Service

Dial 123

from 6 a.m. – 8 p.m.

Food will be delivered within 45 minutes

\$5 minimum charge for
Guest Room Service

- 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.
- All items are low in sodium and low in fat, unless marked with a ♦.
- Our menu has no fried food.
- If you're on a modified diet, ask the operator to assist you with your choices, or ask the dietitian if you have questions.
- Prices on menu are for guests who wish to dine in a patient's room. For more information, please call 123.

This menu has been created with your health and nutrition in mind. We are committed to giving our patients and families a comfortable and healthy stay.

Breakfast Entrees

- Pancake \$0.75
- Chocolate Chip Pancake \$0.75
- ◆ Scrambled Eggs \$1.45
- Hard Boiled Egg \$0.85
- ◆ Biscuits and Gravy \$2.60
- French Toast \$1.35
- ◆ Egg and Cheese Sandwich \$3.00
- Add: ham or ◆bacon

Omelets \$3.55

- Everything Omelet
- Ham & Cheese Omelet
- Meat Lovers Omelet
- Veggie Omelet

Daily breakfast specials available 6 - 10 a.m.

Breakfast Sides

- Cubed Breakfast Potatoes \$1.00
- Turkey Sausage Link \$0.65/link
- ◆ Bacon \$0.65/slice
- Wheat or White Toast \$0.30
- Whole Wheat English Muffin \$0.75
- ◆ Blueberry Crumb Muffin \$1.65
- ◆ Banana Bread \$1.25
- Cinnamon Roll \$1.50
(available breakfast only)
- Biscuit \$1.00

Cereal

- Cheerios® \$1.60
- Lucky Charms® \$1.60
- Froot Loops® \$1.60
- Rice Chex™ \$1.60
- Oatmeal \$1.60
- Cream of Wheat® \$1.60
- Raisin Bran® \$1.60

Fruit

- Applesauce \$0.95
- Banana \$0.65
- Sliced Peaches \$0.95
- Apple Slices \$0.95
- Fresh Pineapple \$2.10
- Cantaloupe \$2.10
- Grapes \$2.10

Yogurt

- Vanilla \$1.25
- Chobani® Strawberry \$1.25
- Chobani® Blueberry \$1.25
- Light Key Lime Pie Yogurt \$1.25
- Yogurt Parfait with Berries \$2.40

Cold Sandwiches

- Choice of white or wheat bread \$1.85**
- Turkey and Cheese
- Ham and Cheese
- Roast Beef and Cheese
- Tuna Salad
- Chicken Salad
- Club Sandwich
- Peanut Butter and Jelly \$1.00

Grill

- Hamburger \$2.60 or Cheeseburger \$2.85
- Grilled Chicken Sandwich \$3.10
- ◆ Vegetarian Malibu Burger \$3.30
- Grilled Cheese \$2.25
- Grilled Ham and Cheese \$2.25
- ◆ Hot Dog \$2.55
- Add: lettuce, tomato, red onion, ◆pickles

Comfort Foods

- ◆ Chicken Strips \$1.25/strip
- ◆ Macaroni and Cheese \$2.25
- ◆ Tacos—hard \$2.25 or soft shell \$1.70
- Homestyle Meatloaf \$3.05
- Pot Roast \$3.55
- Marinated Chicken \$2.95
- Citrus Peppercorn Tilapia \$2.90
- Open Face Sandwich \$4.80—◆turkey, beef or ◆meatloaf
- ◆ Meat Lasagna \$4.05
- Bean and Cheese Enchilada \$3.70
- ◆ SpaghettiOs® \$0.95

Daily lunch and dinner specials available 10 a.m. - 8 p.m.

Personal Pizza

- ◆ 7" Pizza \$4.15
- Cheese, Pepperoni, Meat Lovers, Veggie, Hawaiian

Fresh Fare

- Side Salad with tomatoes and cucumbers \$1.75
- Dressings \$0.15: ◆ranch, fat-free ranch, ◆French, ◆balsamic vinaigrette
- Add: croutons
- ◆ Cottage Cheese \$1.25
- Raw Carrots \$0.65
- Raw Celery \$0.65

Sides

- French Fries \$1.80
- Mashed Potatoes \$1.15, with beef gravy or chicken gravy \$1.80
- Buttered Noodles \$1.15
- Pasta Salad \$1.55
- Rice \$1.15
- Dinner Roll \$0.65
- Baked Potato \$1.80
- Add: ◆cheddar cheese, ◆bacon

Chips

- ◆ Potato Chips \$1.05
- Baked Potato Chips \$1.05
- ◆ Doritos® Nacho Cheese Chips \$1.05

Vegetables

- Mixed Vegetables \$1.10
- Steamed Carrots \$1.10
- Steamed Green Beans \$1.10
- Steamed Corn \$1.10

Soups

- ◆ Homemade Chicken Noodle soup \$1.65
- Campbell's® Low Sodium Chicken Noodle Soup \$1.65
- Campbell's® Tomato Soup \$1.65
- ◆ Homestyle Chili \$1.65
- Saltine crackers

Homemade soup of the day available 10 a.m. - 8 p.m.

◆ Indicates items higher in sodium or fat