

# PEDS ON THE MENU

## To place an order:

- Dial extension 3663 on your patient room phone.
- Please call between 6:30 a.m. and 7 p.m. to choose your menu selections.
- Patient meals are included as part of your hospital stay.
- Family members may also order for you **from home** by calling (712) 279-3663.

## Guest Trays

- Family members and friends may also order meals from a **Room Service Guest Menu** that is available from your host/hostess or from your floor staff. For each guest tray, there is a fee. Visa or MasterCard are accepted.

**All meals are prepared to order and will be delivered within 45 minutes.**

During high patient volumes, please allow additional time for delivery.

Carbohydrate grams are provided for all menu items. Values are subject to change based on recipe or supplier availability.



## Breakfast Available all day.

### Entrees

**3 Pancake Stack** (66g Carb)

Add Blueberries or Mini Chocolate Chips

**2 French Toast** (17-34g Carb)

**Scrambled Eggs with Cheese** (varies Carb)

### Sides

**Egg - Made to Order** (0g Carb)

Prepared scrambled, over easy, over medium, over hard or sunny side up

**Sausage Patty** (0g Carb)

Pork or Turkey

**Bacon** (0g Carb)

Pork or Turkey

**Oven Cooked Home Fries** (19g Carb)

### Fruit and Yogurt

Fresh Banana (23g)

Fresh Pineapple (6g)

Cottage Cheese (6g)

Fresh Apple (22g)

Fresh Fruit Cup (8g)

Pears (14g)

Fresh Grapes (17g)

Mandarin Oranges (12g)

Peaches (12g)

Fresh Melon (8g)

Applesauce (13g)

Yogurt (11g)

### Breads

**White Bread or Toasted** (14g Carb)

**Wholewheat Bread or Toasted** (13g Carb)

**Plain English Muffin** (29g Carb)

**Cinnamon Raisin Swirl Bagel** (47g Carb)

**Petite Blueberry Muffin** (17g Carb)

**Chocolate Muffin** (27g Carb)

### Cereals

**Homestyle Oatmeal** (40g Carb)

**Cream of Wheat** (18g Carb)

#### Cold Cereals

Apple Jacks (37g)

Frosted Flakes (25g)

Froot Loops (18g)

Cheerios (19g)

Corn Pops (19g)

Cocoa Krispies (35g)

Honey Nut

Cinnamon Toast

Rice Krispies (16g)

Cheerios (23g)

Crunch (22g)

### Beverages

Apple Juice (13g)

Milk: 2% (11g) or

Hot Cocoa:

Orange Juice (11g)

Skim (11g),

Regular (24g),

Grape Juice (17g)

Whole (12g) or

Sugar Free (12g)

Prune Juice (22g)

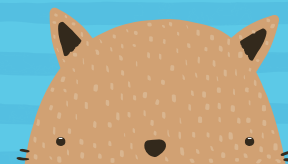
Skim Chocolate (21g)

Cranberry Juice (16g)

Soy Vanilla Organic  
Milk (16g)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness especially if you have certain medical conditions.

# Lunch and Dinner Available 10:30 a.m. to 6:30 p.m.



## Off the Grill (Made to order)

### Bread

White bread (14g)  
Wheat bread (14g)  
White bun (27g)  
Wheat bun (27g)  
Sub roll (23g)  
Pretzel Bun (45g)  
Croissant (36g)

### Protein

Beef Burger (0g)  
Grilled Chicken (0g)  
Veggie Burger (8g)  
Fish Fillet (7g)  
Vegan Chick'n  
Patty (5g)

### Cheese

Swiss (0g)  
Mozzarella (2g)  
American (1g)  
Cheddar (0g)  
**Toppings**  
Lettuce, Tomato,  
Onion, Pickle

## Sandwich Your Way (Made to order)

### Bread

White bread (14g)  
Wheat bread (14g)  
White bun (27g)  
Wheat bun (27g)  
Sub roll (23g)  
Pretzel Bun (45g)  
Croissant (36g)

### Protein

Turkey (0g)  
Ham (0g)  
Roast Beef (1g)  
Tuna Salad (5g)  
Egg Salad (1g)

### Cheese

Swiss (0g)  
Mozzarella (2g)  
American (1g)  
Cheddar (0g)  
**Toppings**  
Lettuce, Tomato,  
Onion, Pickle

## On the Side

Green Beans (4g)	Fresh Fruit (Varies)	Regular Potato
Carrots (7g)	Mixed Fresh	Chips (23g)
Steamed corn (16g)	Fruit Cup (8g)	Tator Tots (23g)
Mashed Potatoes (17g)	Coleslaw (4g)	Chicken Noodle Soup
Potato Smile's (25g)	Chips and Salsa (33g)	Tomato Soup
Steamed Peas (7g)	Baked Potato Chips (24g)	

## Entrees

**Hot Dog on a Bun** (30g Carb)

**Sioux City Macaroni & Cheese** (36g Carb)

**Homemade Meatloaf and Beef Gravy** (9g Carb)

**Fish Sticks** (28g Carb)

**Chicken Dino Nuggets** (13g Carb)

**Mini Chicken Corndogs** (30g Carb)

**PB&J Sandwich** (White 43.5g, Wheat 43.5g)

**Cheese Quesadilla** (varies)

## Personal Pizza (varies)

### Build Your Own Creation!

Start with a 7" pizza crust (24g Carb) and add what you like!  
Sausage (1g) Pepperoni (0g), Ham (1g), Green Peppers (1g),  
Onions (3g), Mushrooms (1g), Olives (0g), Pineapple (3g)

## Snacks

Fresh Fruit (Varies)	Chips and Salsa (33g)	Crackers: Saltines (16g), Ritz (8g), Graham Crackers (11g), Goldfish (14g)
Yogurt (13-25g)	Animal Crackers (21g)	Popsicle (16g): Cherry, Orange, Grape
Regular Potato Chips (26g)	String Cheese (0g)	
Baked Potato Chips (15g)	Cheeto's (15g)	

## Ahh...The Good Stuff

Apple Pie (56g)	Pudding Cup (Sugar free available)
Chocolate Cake (41g)	Vanilla (24g), Chocolate (26g)
Brownie (38g)	Sherbet Cup (Sugar free available): Orange (24g), Raspberry (24g)
Chocolate Peanut Butter Krispie (34g)	Chocolate Chip Cookie (35g)
Ice Cream: Vanilla (16g), Chocolate (16g)	Sugar Cookie (35g)
Gelatin (Sugar free available)	
Orange (17g), Red (17g)	

## Beverages

Pepsi (26g)	Hot Tea: Regular (0g), Decaf (0g)
Diet Pepsi (0g)	Broths (Regular or Low Sodium): Beef (1g), Chicken (1g)
Dr Pepper (24g)	Milk: 2% (11g), Whole (12g), Skim (11g), Chocolate (21g), Vanilla Soy (16g)
Diet Dr Pepper (0g)	Bug Juice: Orange (25g)
Mtn Dew (27g)	Lemon lime (25g)
Starry (22g)	Fruit Punch (25g)
Starry Zero (0g)	Grape (25g)
Juices: Orange (11g), Apple (13g), Grape (17g), Prune (22g), Cranberry (16g)	Berry Raspberry (25g)
Hot Cocoa: Regular (24g), Sugar Free (12g)	Pedialyte Advanced Hydration: Grape (8g) Coconut (8g) Strawberry (8g) Apple (8g)
Iced Teas (0g)	

## And Don't Forget...

Butter (0g)	Peanut Butter (5g)
Margarine (0g)	BBQ Sauce (3g)
Salt (0g)	Sour Cream (2g)
Pepper (0g)	Lite Sour Cream (1g)
Sugar (5g)	Italian Dressing (1g)
Sugar Substitute (1g)	Caesar Dressing (2g)
Non-Dairy Creamer (0g)	Ranch Dressing (1g)
Half & Half (0g)	Parmesan Cheese (0g)
Cream Cheese	Mayo (0g)
Lite (2g) or Regular (1g)	Ketchup (3g)
Brown Sugar (12g)	Mustard (1g)
Lemon Wedge (1g)	Tartar Sauce (1g)
Honey (7g)	Salsa (4g)
Jelly (9g)	