

SIGNATURE SANDWICHES

Ultimate Grilled Cheese on White Texas Toast
(28g-varies)

Classic BLT (30g)
Served on white or wheat toast

Mushroom Swiss Burger (28g)
Served on white or wheat bun

Fish Fillet with American Cheese (42g)
Served on white or wheat bun

SNACKS

Raw veggies with hummus (9g)

Cottage cheese with fruit (35g)

String Cheese (0g)

Yogurt (13-31g)

Crackers (5g)
(Saltines)

Baked Potato Chips (24g)

Regular Potato Chips (23g)

Chips and Salsa (32g)

DESSERTS

Apple Pie (44g)

Chocolate Cake (44g)

Brownie (38g)

Chocolate Peanut Butter Krispie Bar (34g)

Ice Cream (16g)
Vanilla or Chocolate

Pudding Cup (11-26g)
Vanilla or Chocolate
(Sugar Free available)

Sherbet Cup (24g)
Orange

Chocolate Chip Cookie (26g)

Sugar Cookie (26g)

Gelatin (Varies)
Orange or Red
(Sugar Free available)



SIDES

- Sautéed zucchini and mushrooms (2g)
- Green beans (4g)
- Carrots (5g)
- Steamed corn (16g)
- Mashed potatoes (23g)
- Brown rice (20g)
- Broccoli (3g)
- Steamed Peas (11g)
- Mixed fresh fruit cup (8g)
- Coleslaw (4g)
- Chips and salsa (32g)
- Large tator tots (23g)
- Baked potato chips (24g)
- Regular Potato chips (23g)

CONDIMENTS

- Margarine
- Butter
- Salt
- Pepper
- Sugar
- Sugar Sub
- Non-Dairy Creamer
- Half & Half
- Honey
- Lemon Juice
- Pancake Syrup
- Assorted Jellies (Regular or Sugar Free)
- Brown Sugar
- Tartar Sauce
- Ketchup
- Mustard
- Mayonnaise (Regular or Lite)
- Barbecue
- Mild Salsa
- Mrs Dash
- Parmesan Cheese
- Peanut Butter Cup
- Sour Cream

Salad Dressings: Varies - Please ask room service specialist for salad dressing options

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Diet Dr. Pepper, Mountain Dew, Sierra Mist, Diet Sierra Mist

Iced Tea, Hot Tea, Coffee
(Regular or Decaf)

Beef or Chicken Broth
(Regular or Low Sodium)

Hot Cocoa (9-22g)
(Regular or Sugar Free)

Juices (12-23g)
Orange, Apple Grape, Prune, Cranberry

Milk (12g)
2%, Whole, Skim, Chocolate, Vanilla Soy Milk

REGULAR/CARB CONTROL DIET

Breakfast, Lunch & Dinner

Room service available 6:30 a.m. to 6:30 p.m.

UnityPoint Health® - St. Luke's is pleased to offer an expansive **Room Service Menu** offering a wide variety of healthy fresh meals. We hope you enjoy your dining experience.

The Doctor Has Ordered Your Diet. Now What?

- To place an order, please dial 3663 from your hospital room phone to order your selections from this menu.
- When you call, you will be connected to a Room Service Specialist, who will help you place your order.
- Your meal will be specially prepared and delivered to your room within 45 minutes.
- Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
- Recommended daily calorie intake is 1600-2400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
- Family and guests may also order room service. Each meal is \$9.00/\$5.00 per guest, per meal. Payment is accepted by credit card only.
- Room service is available 6:30 a.m. - 6.30 p.m

Regular Diet

- Regular Diets include all the characteristics of a healthy diet. Has a healthy foundation of whole grains, fruits and vegetables, lean proteins, low-fat daily and sources of healthy fats, but allows for the occasional treat.
- Regular Diets have no restrictions and patients are allowed to order any menu items available.

Ordering

- Dial FOOD (3663) from your patient room phone or (712) 279-3663 from your personal cell phone.

Patients Who Have Diabetes:

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating.
- Tell your nurse when you order a meal or when it arrives.
- If needed, your nurse will give you insulin or other medicine.

The bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

Diet Order with Grams of Carbohydrate	Carbohydrate Grams per Meal
180g carb-controlled	45-60
225g carb-controlled	60-75
255g carb-controlled	75-90



BREAKFAST

Served 6:30 a.m. to 6:30 p.m.

3 Pancake Stack (66g)

3 Wheat Pancake Stack (66g)

Topping choices include Blueberries

2 French Toast (44g)

2 Wheat French Toast (44g)

Biscuits and Gravy (32g)

2 Eggs on Toast (14g)

Choose from white or whole wheat toast with scrambled, over easy, over medium or over hard eggs

Vanilla Yogurt & Mixed Berries Parfait (48g)

BREADS

White Bread or Toasted (14g)

Wholewheat Bread or Toasted (14g)

Multigrain Bread or Toasted (12g)

Wholegrain English Muffin (23g)

Cinnamon Raisin Swirl Bagel (47g)

Petite Blueberry Muffin (30g)

Cream Cheese

Chocolate Muffin (27g)

CEREALS

Homestyle Oatmeal (40g)

Cream of Wheat (18g)

Southern Grits (22g)

Toppings include brown sugar, blueberries, mixed berries, raisins, cinnamon and/or walnuts

Cold Cereals (16-28g)

Cornflakes - Cheerios - Honey Nut Cheerios

Rice Krispies - Frosted Flakes - Cinnamon Toast Crunch

FRUITS AND YOGURT

Fresh Banana (27g)

Apple (15g)

Fresh Grapes (13g)

Fresh Melon (8g)

Fresh Pineapple (10g)

Fresh Fruit Cup (8g)

Cottage Cheese (6g)

Applesauce (13g)

Pears (12g)

Peaches (12g)

Mandarin Oranges (21g)

Plain Greek Yogurt (7g)

Choices include vanilla

Yogurt (varies)

Variety

BREAKFAST SIDES

Egg - Made to Order (0g)

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

Sausage Patty (0g)

Choose Pork or Turkey

Bacon - 2 pieces (0g)

Choose Pork or Turkey

Oven Cooked Home Fries (19g)

Biscuit (28g)

Sausage Gravy (4g)

Pancake or French Toast (22g)

Cottage Cheese (6g)

MADE TO ORDER

Scrambler Bowl (varies)

Choose from regular or heart healthy eggs

Vegetables: onions, mushrooms, green pepper, spinach, tomatoes, olives

Protein: ham, pork or turkey bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

Breakfast Sandwich (English Muffin) (varies)

Fried Egg: over easy, over medium, over hard or sunny side up

Protein: ham, turkey or pork bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

BEVERAGES

Apple Juice (14g) Cranberry Juice (15g)

Orange Juice (12g) Prune Juice (23g)

Grape Juice (18g)

Milk (12g)

Choose from 2%, skim, whole or chocolate

Soy Vanilla Organic (18g)

Tea (0g)

English hot, decaf or herbal

Coffee (0g)

Regular or decaf

Hot Cocoa (9-22g)

Regular (22g) or Sugar Free (9g)

LUNCH AND DINNER

Served from 10:30 a.m. - 6:30 p.m.

Ginger Sesame Salmon (9g)

Hot Beef Sandwich and Beef Gravy (38g)

Rosemary Roasted Chicken Breast (0g)

Roast Turkey Breast and Gravy (3g)

Baked Battered Fish Fry (2 piece) (14g)

Sioux City Mac and Cheese (36g)

Baked Chicken Tender (3 piece) (57g)

Beef Stroganoff and Egg Noodles (29g)

Homemade Meatloaf and Beef Gravy (9g)

Raw Veggie Trio with Hummus (9g)

Personal Pizza (24-48g)

7" pizza crust, mozzarella cheese, Italian herb oil with your choice of 3 toppings: Pepperoni, Sausage, Ham, Onion, Pepper, Mushrooms, Olives, Pineapple

FRESH BREADS

Served fresh or toasted

White or Wheat Bread Slice (14g)

Multigrain Bread (23g)

Cinnamon Raisin Swirl Bagel (47g)

Croissant (36g)

Sub Roll (23g)

Garlic Breadstick (19g)

SOUP AND SIDE SALADS

Chicken Noodle (12g)

Specialty Soup (varies)

Ask our diet operator for details

Side Caesar Salad (6g)

Side Salad Greenst (3g)

ENTRÉE SIGNATURE SALAD BOWLS

Add grilled chicken strips, salmon, veggie burger crumble

Caesar Salad Bowl (varies)

Taco Salad (varies)

Mandarin Salad (varies)

BUILD YOUR OWN SALAD BAR

Salad Greens: Romaine Lettuce or Spring Mixed Greens

Vegetables: Diced Tomato, Grape Tomato, Black Olives, Edamame, Mandarin Oranges, Walnuts, Black Bean, Red Onion, Brown Rice

Protein: Grilled Chicken Breast, Grilled Chicken Strips, Grilled Salmon, Taco Ground Beef, Veggie Burger Crumble

Cheese: Cheddar Cheese, Mozzarella, Monterey Jack, Feta Crumble

MADE TO ORDER GRILL (varies)

Bread: White or Wheat Bread Slice or Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Beef Burger, Grilled Chicken, Veggie Burger, Fish Fillet, Vegan Chicken Patty

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

MADE TO ORDER DELI (varies)

Bread: White or Wheat Bread Slice or Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Turkey, Ham, Roast Beef, Tuna Salad, Egg Salad

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle



SÁNDWICHES

Tostada de pan blanco con queso a la plancha estilo Texas (28g-varía)

BLT clásico (30g)
Se sirve tipo tostada con pan blanco o integral

Hamburguesa suiza de champiñones (28g)
Se sirve con pan blanco o integral

Filete de pescado con queso americano (42g)
Se sirve con pan blanco o integral

BOCADILLOS

Vegetales crudos con hummus (9g)

Queso cottage con fruta (35g)

Tiras de queso (0g)

Yogur (13-31g)

Galletas saladas (5g)
(Saltinas)

Chips de papa horneados (24g)

Chips de papa clásicos (23g)

Nachos con salsa (32g)

POSTRES

Pastel de manzana (44g)

Torta de chocolate (44g)

Brownie (38g)

Barra crocante de chocolate con mantequilla de maní (34g)

Helado (16g)
Vainilla o chocolate
(disponible sin azúcar)

Pudding Cup (11-26g)

Vainilla o chocolate
(disponible sin azúcar)

Ración de sorbete (24g)
Naranja

Galleta de chispas de chocolate (26g)

Galleta dulce (26g)

Gelatina (Varía)
Naranja o roja
(disponible sin azúcar)



ACOMPAÑAMIENTOS

- Calabacín y champiñones salteados (2g)
- Judías verdes (4g)
- Zanahorias (5g)
- Maíz al vapor (16g)
- Puré de papas (23g)
- Arroz integral (20g)
- Brócoli (3g)
- Guisantes al vapor (11g)
- Copa mixta de frutas frescas (8g)
- Ensalada de col (4g)
- Nachos con salsa (32g)
- Dedos de papa grandes (23g)
- Chips de papa horneados (24g)
- Chips de papa clásicos (23g)

CONDIMENTOS

- Margarina
- Mantequilla
- Sal
- Pimienta
- Azúcar
- Sustitutos de azúcar
- Crema no láctea
- Media crema
- Miel
- Zumo de limón
- Sirope para panqueques
- Mermeladas surtidas (con o sin azúcar)
- Azúcar morena
- Salsa tártara
- Salsa de tomate
- Mostaza
- Mayonesa (tradicional o ligera)
- Barbecue
- Salsa picante suave
- Mrs Dash
- Queso parmesano
- Ración de mantequilla de maní
- Crema agria

Aderezos para ensaladas: Varía, pregunte a un especialista en servicio a la habitación las opciones de aderezos para ensaladas

BEBIDAS

Pepsi, Pepsi dietética, Dr. Pepper, Dr. Pepper dietético, Mountain Dew, Sierra Mist, Sierra Mist dietética

Té helado, té caliente, café

(Normal o descafeinado)

Caldo de res o de pollo

(Normal o bajo en sodio)

Chocolate caliente (9-22g)

(Normal o sin azúcar)

Jugos (12-23g)

Naranja, uva con manzana, ciruela, arándano

Leche (12g)

2%, entera, descremada, achocolatada, de soya con vainilla

DIETA NORMAL/CON CONTROL DE CARBOHIDRATOS

Desayuno, almuerzo y cena

Servicio a la habitación disponible de 6:30 a.m. a 6:30 p.m.



UnityPoint Health® – St. Luke’s se complace en ofrecer un amplio **menú de servicio a la habitación** con una variedad de platos frescos y saludables. Esperamos que disfrute la experiencia de comer.

El médico le ha ordenado hacer dieta. ¿Ahora qué?

- Para hacer un pedido, marque el 3663 desde el teléfono de su habitación y ordene algo del menú.
- Cuando llame, se le pasará a un especialista en servicio a la habitación, que lo ayudará a hacer su pedido.
- La comida será especialmente preparada y entregada en su habitación en un plazo de 45 minutos.
- Las comidas consisten en una entrada, dos acompañamientos, una bebida y un postre o fruta.
- El consumo diario de calorías que se recomienda es entre 1600 y 2400 calorías al día para mantener una buena salud. Las calorías que se recomiendan varían según la edad, sexo y nivel de actividad física.
- Los familiares e invitados también pueden pedir servicio a la habitación. Cada comida cuesta \$9.00/\$5.00 por invitado, por plato. Solo se aceptan pagos con tarjeta de crédito.
- El servicio a la habitación está disponible de 6:30 a.m. a 6.30 p.m.

Dieta normal

- Las dietas normales incluyen todas las características de una dieta saludable. Tienen una base saludable de granos integrales, frutas y vegetales, proteínas magras, lácteos bajos en grasa y fuentes de grasas saludables, pero le permiten darse un gusto ocasional.
- Las dietas normales no tienen restricciones, y los pacientes pueden pedir cualquier comida del menú.

Para ordenar

- Marque FOOD (3663) desde el teléfono de su habitación o el (712) 279-3663 desde su teléfono celular personal.

Pacientes con diabetes:

Si tiene diabetes o se tiene que controlar el azúcar en sangre:

- Se le tiene que medir el azúcar en sangre antes de comenzar a comer.
- Avísele a su enfermera cuando pida algo de comer o cuando llegue la comida.
- De ser necesaria, la enfermera le dará insulina u otro medicamento.

El número entre paréntesis al lado de cada comida son los gramos de carbohidratos que contiene. Cuando haga un pedido, elija dentro del rango permitido para cada comida. Nuestro especialista en servicio a la habitación lo ayudará en el proceso.

Si tiene preguntas sobre su dieta o le gustaría para conocer más sobre alimentación saludable para diabéticos, pida consultar a un experto en dietética. Esta tabla sugiere la cantidad de gramos de carbohidratos a elegir en cada comida.

Pedido dietético con gramos de carbohidratos	Gramos de carbohidratos por comida
180g con control de carbohidratos	45-60
225g con control de carbohidratos	60-75
255g con control de carbohidratos	75-90



Escanee el código QR para hacer su pedido en línea.

CBORD PATIENT™



UnityPoint Health
St. Luke’s

DESAYUNO

Se sirve de 6:30 a.m. a 6:30 p.m.

3 panqueques apilados (66g)

3 panqueques de trigo apilados (66g)

Las opciones de topping incluyen arándanos azules

2 tostadas a la francesa (44g)

2 tostadas de trigo a la francesa (44g)

Panecillos con salsa de carne (32g)

Una tostada con 2 huevos (14g)

Elija entre una tostada de trigo integral o no integral con huevos revueltos, fritos por ambos lados no muy cocidos, fritos por ambos lados término medio o bien fritos por ambos lados.

Parfait de yogur de vainilla y frutos del bosque mixtos (48g)

PANES

Pan blanco o tostado (14g)

Pan de harina integral o tostado (14g)

Muffin inglés (23g)

Bagel de pasas y canela (47g)

Muffin de arándanos azules pequeño (30g)

Queso crema

Muffin de chocolate (27g)

CEREALES

Avena casera (40g)

Crema de trigo (18g)

Polenta estilo sureño (22g)

Los toppings incluyen azúcar morena, arándanos azules, frutos del bosque mixtos, pasas, canela y/o nueces

Cereales fríos(16-28g)

Cornflakes - Cheerios - Cheerios de nueces y miel

Rice Krispies - Frosted Flakes - Cinnamon Toast Crunch

FRUTAS Y YOGUR

Banana fresca (27g)

Manzana (15g)

Uvas frescas (13g)

Melón fresco (8g)

Piña fresca (10g)

Copa de frutas frescas (8g)

Queso cottage (6g)

Compota de manzana (13g)

Peras (12g)

Duraznos (12g)

Mandarinas (21g)

Yogur griego natural (7g)

Yogur (varía)

Variedad

ACOMPAÑAMIENTOS PARA EL DESAYUNO

Huevo: se preparan por encargo (0g)

Elíjalos revueltos, fritos por ambos lados poco cocidos, fritos por ambos lados término medio, bien fritos por ambos lados o fritos sin voltear

Tortitas de chorizo (0g)

Elija entre cerdo o pavo

Tocino: 2 piezas (0g)

Elija entre cerdo o pavo

Daditos de papa al horno (19g)

Panecillo (28g)

Salsa de chorizo (4g)

Panqueque o tostada a la francesa (22g)

Queso cottage (6g)

HAGA SU PEDIDO

Revoltillos (varía)

Elija entre huevos normales o cardiosaludables

Vegetales: cebollas, champiñones, pimientos verdes, espinacas, tomates, aceitunas.

Proteína: jamón, tocino de cerdo o pavo, chorizo de cerdo o pavo, pepperoni

Queso: americano, cheddar, mozzarella, suizo

Sándwich de desayuno (Muffin inglés) (varía)

Huevo frito: por ambos lados no muy cocido, por ambos lados término medio, bien frito por ambos lados o frito sin voltear

Proteína: jamón, tocino de pavo o cerdo, chorizo de pavo o cerdo, pepperoni

Queso: americano, cheddar, mozzarella, suizo

BEBIDAS

Jugo de manzana (14g)

Jugo de naranja (12g)

Jugo de uva (18g)

Leche (12g)

Elija entre al 2%, descremada, entera o achocolatada

De soya con vainilla orgánica (18g)

Té (0g) Caliente inglés, descafeinado o herbal

Café (0g) Normal o descafeinado

Chocolate caliente (9-22g)

Normal (22g) o sin azúcar (9g)

ALMUERZO Y CENA

Se sirve de 10:30 a.m. a 6:30 p.m.

Salmón con jengibre y sésamo (9g)

Sándwich de carne asada y salsa de carne (38g)

Pechuga de pollo asada estilo Rosemary (0g)

Pechuga de pavo asada y salsa (3g)

Pescado empanizado al horno (2 piezas) (14g)

Macarrones con queso estilo Sioux City (36g)

Tiras de pollo horneadas (3 piezas) (57g)

Stroganoff de carne y tallarines de huevo (29g)

Pastel de carne casero y salsa de carne (9g)

Trío de vegetales crudos con hummus (9g)

Pizza para una persona (24-48g)

base de pizza de 7", queso mozzarella, aceite de hierbas italianas con 3 opciones de toppings: Pepperoni, salchichón, jamón, cebolla, pimentón, champiñones, aceitunas, piña

PANES FRESCOS

Se sirven frescos o tostados

Rebanada de pan blanco o integral (14g)

Bagel de pasas y canela (47g)

Croissant (36g)

Pan de sándwich (23g)

Palitos de pan con ajo (19g)

SOPA Y ENSALADAS DE ACOMPAÑAMIENTO

Tallarines de pollo (12g)

Sopa de tomate (14g)

Ensalada César (6g)

Ensalada verde (3g)

ENTRADAS BOWLS DE ENSALADA

Se agregan tiras de pollo asadas, salmón, sustituto de carne para hamburguesas vegetarianas

Bowl de ensalada César (varía)

Ensalada taco (varía)

Ensalada mandarín (varía)

HAGA SU PROPIA MEZCLA DE ENSALADA

Hojas verdes para ensalada: Lechuga romana u hojas mixtas de primavera

Vegetales: Tomate picado, tomate cherry, aceitunas negras, edamame, mandarinas, nueces, caraotas, cebolla morada, arroz integral

Proteína: Pechuga de pollo asada, tiras de pollo asadas, salmón asado, guiso para tacos de carne, sustituto de carne para hamburguesas vegetarianas.

Queso: Queso cheddar, mozzarella, Monterey Jack, queso feta desmoronado

SE HACE POR ENCARGO A LA PLANCHA (varía)

Pan: Rebanada o bollo de pan blanco o integral, pan de sándwich, pan de pretzel, croissant

Proteína: Hamburguesa de carne, pollo asado, hamburguesa vegetariana, filete de pescado, tortita vegana de pollo

Queso: Americano, cheddar, mozzarella, suizo

Vegetables: Lechuga, tomate, cebolla, pepinillo

SE HACE POR ENCARGO DELI (varía)

Pan: Rebanada o bollo de pan blanco o integral, pan de sándwich, pan de pretzel, croissant

Proteína: avo, jamón, carne asada, ensalada de atún, ensalada de huevo

Queso: Americano, cheddar, mozzarella, suizo

Vegetales: Lechuga, tomate, cebolla, pepinillo



SIGNATURE SANDWICHES

Ultimate Grilled Cheese on Gluten Free Bread
(28g-varies)

Classic BLT (30g)
Served on white or wheat toast

Mushroom Swiss Burger (28g)
Served on gluten free bun

SNACKS

Raw veggies with hummus (9g)

Cottage cheese with fruit (35g)

String Cheese (0g)

Yogurt (13-31g)

Baked Potato Chips (24g)

Regular Potato Chips (23g)

Chips and Salsa (32g)

DESSERTS

Chocolate Peanut Butter Krispie Bar (34g)

Ice Cream (16g)
Vanilla or Chocolate

Pudding Cup (11-26g)
Vanilla or Chocolate
(Sugar Free available)

Sherbet Cup (24g)
Orange
Gelatin (Varies)
Orange or Red
(Sugar Free available)



SIDES

- Sautéed zucchini and mushrooms (2g)
- Green beans (4g)
- Carrots (5g)
- Steamed corn (16g)
- Mashed potatoes (23g)
- Brown rice (20g)
- Broccoli (3g)
- Steamed Peas (11g)
- Mixed fresh fruit cup (8g)
- Chips and salsa (32g)
- Large tator tots (23g)
- Baked potato chips (24g)
- Regular Potato chips (23g)

CONDIMENTS

- Margarine
- Butter
- Salt
- Pepper
- Sugar
- Sugar Sub
- Non-Dairy Creamer
- Half & Half
- Honey
- Lemon Juice
- Pancake Syrup
- Assorted Jellies (Regular or Sugar Free)
- Brown Sugar
- Tartar Sauce
- Ketchup
- Mustard
- Mayonnaise (Regular or Lite)
- Barbecue
- Mild Salsa
- Mrs Dash
- Parmesan Cheese
- Peanut Butter Cup
- Sour Cream

Salad Dressings: Varies - Please ask room service specialist for salad dressing options

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Diet Dr. Pepper, Mountain Dew, Sierra Mist, Diet Sierra Mist

Iced Tea, Hot Tea, Coffee
(Regular or Decaf)

Beef or Chicken Broth
(Regular or Low Sodium)

Hot Cocoa (9-22g)
(Regular or Sugar Free)

Juices (12-23g)
Orange, Apple Grape, Prune, Cranberry

Milk (12g)
2%, Whole, Skim, Chocolate, Vanilla Soy Milk

Gluten Free Menu

Breakfast, Lunch & Dinner

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- Recommended daily calorie intake is 1600-2400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
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- Room service is available 6:30 a.m. - 6.30 p.m

Patients Who Have Diabetes:

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating.
- Tell your nurse when you order a meal or when it arrives.
- If needed, your nurse will give you insulin or other medicine.

The bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

Diet Order with Grams of Carbohydrate	Carbohydrate Grams per Meal
180g carb-controlled	45-60
225g carb-controlled	60-75
255g carb-controlled	75-90

Ordering

- Dial FOOD (3663) from your patient room phone or (712) 279-3663 from your personal cell phone.



BREAKFAST

Served 6:30 a.m. to 6:30 p.m.

2 Eggs on Toast (14g)

Choose from white or whole wheat toast with scrambled, over easy, over medium or over hard eggs

Vanilla Yogurt & Mixed Berries Parfait (48g)

BREADS

CEREALS

Homestyle Oatmeal (40g)

Cream of Wheat (18g)

Southern Grits (22g)

Toppings include brown sugar, blueberries, mixed berries, raisins, cinnamon and/or walnuts

Cold Cereals (16-28g)

Cornflakes - Cheerios - Honey Nut Cheerios
Rice Krispies - Frosted Flakes - Cinnamon Toast Crunch

FRUITS AND YOGURT

Fresh Banana (27g)

Apple (15g)

Fresh Grapes (13g)

Fresh Melon (8g)

Fresh Pineapple (10g)

Fresh Fruit Cup (8g)

Cottage Cheese (6g)

Applesauce (13g)

Pears (12g)

Peaches (12g)

Mandarin Oranges (21g)

Plain Greek Yogurt (7g)

Choices include vanilla

Yogurt (varies)

Variety

BREAKFAST SIDES

Egg - Made to Order (0g)

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

Sausage Patty (0g)

Choose Pork or Turkey

Bacon - 2 pieces (0g)

Choose Pork or Turkey

Oven Cooked Home Fries (19g)

Sausage Gravy (4g)

Cottage Cheese (6g)

MADE TO ORDER

Scrambler Bowl (varies)

Choose from regular or heart healthy eggs

Vegetables: onions, mushrooms, green pepper, spinach, tomatoes, olives

Protein: ham, pork or turkey bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

Breakfast Sandwich (English Muffin) (varies)

Fried Egg: over easy, over medium, over hard or sunny side up

Protein: ham, turkey or pork bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

BEVERAGES

Apple Juice (14g) Cranberry Juice (15g)

Orange Juice (12g) Prune Juice (23g)

Grape Juice (18g)

Milk (12g)

Choose from 2%, skim, whole or chocolate

Soy Vanilla Organic (18g)

Tea (0g)

English hot, decaf or herbal

Coffee (0g)

Regular or decaf

Hot Cocoa (9-22g)

Regular (22g) or Sugar Free (9g)

LUNCH AND DINNER

Served from 10:30 a.m. - 6:30 p.m.

Salmon (9g)

Rosemary Roasted Chicken Breast (0g)Roast

Turkey Breast and Gravy (3g)

Sioux City Mac and Cheese (36g)

Raw Veggie Trio with Hummus (9g)

FRESH BREADS

Served fresh or toasted

White or Wheat Bread Slice (14g)

Multigrain Bread (23g)

Cinnamon Raisin Swirl Bagel (47g)

Croissant (36g)

Sub Roll (23g)

Garlic Breadstick (19g)

SOUP AND SIDE SALADS

Chicken Noodle (12g)

Specialty Soup (varies)

Ask our diet operator for details

Side Caesar Salad (6g)

Side Salad Greenst (3g)

ENTRÉE SIGNATURE SALAD BOWLS

Add grilled chicken strips, salmon, veggie burger crumble

Caesar Salad Bowl (varies)

Taco Salad (varies)

Mandarin Salad (varies)

BUILD YOUR OWN SALAD BAR

Salad Greens: Romaine Lettuce or Spring Mixed Greens

Vegetables: Diced Tomato, Grape Tomato, Black Olives, Edamame, Mandarin Oranges, Walnuts, Black Bean, Red Onion, Brown Rice

Protein: Grilled Chicken Breast, Grilled Chicken Strips, Grilled Salmon, Taco Ground Beef, Veggie Burger Crumble

Cheese: Cheddar Cheese, Mozzarella, Monterey Jack, Feta Crumble

MADE TO ORDER GRILL (varies)

Bread: White or Wheat Bread Slice or Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Beef Burger, Grilled Chicken, Veggie Burger, Fish Fillet, Vegan Chicken Patty

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

MADE TO ORDER DELI (varies)

Bread: White or Wheat Bread Slice or Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Turkey, Ham, Roast Beef, Tuna Salad, Egg Salad

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle



VEGAN DIET

Breakfast, Lunch & Dinner

Room service available 6:30 a.m. to 6:30 p.m.



UnityPoint Health® - St. Luke's is pleased to offer an expansive **Room Service Menu** offering a wide variety of healthy fresh meals. We hope you enjoy your dining experience.

The Doctor Has Ordered Your Diet. Now What?

- To place an order, please dial 3663 from your hospital room phone to order your selections from this menu.
- When you call, you will be connected to a Room Service Specialist, who will help you place your order.
- Your meal will be specially prepared and delivered to your room within 45 minutes.
- Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
- Recommended daily calorie intake is 1600-2400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
- Family and guests may also order room service. Each meal is \$9.00/\$5.00 per guest, per meal. Payment is accepted by credit card only.
- Room service is available 6:30 a.m. - 6.30 p.m

Ordering

- Dial FOOD (3663) from your patient room phone or (712) 279-3663 from your personal cell phone.

Patients Who Have Diabetes:

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating.
- Tell your nurse when you order a meal or when it arrives.
- If needed, your nurse will give you insulin or other medicine.

The bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

Diet Order with Grams of Carbohydrate	Carbohydrate Grams per Meal
180g carb-controlled	45-60
225g carb-controlled	60-75
255g carb-controlled	75-90



Scan the QR Code
to order online.



UnityPoint Health
St. Luke's

BREAKFAST

Served all day

HOT CEREALS

Homestyle Oatmeal (40g)

Cream of Wheat (18g)

Southern Grits (22g)

Toppings include brown sugar, blueberries, mixed berries, raisins, cinnamon, and/or walnuts

FRUITS AND YOGURT

Fresh Banana (27g)

Fresh Pineapple (10g)

Apple (15g)

Fresh Fruit Cup (8g)

Fresh Grapes (13g)

Applesauce (13g)

Fresh Honeydew (8g)

Pears (12g)

Fresh Cantaloupe (9g)

Peaches (12g)

SIDES

Oven Cooked Home Fries (19g)

BEVERAGES

Apple Juice (14g)

Orange Juice (12g)

Grape Juice (18g)

Prune Juice (23g)

Cranberry Juice (15g)

Almond Milk (8g)

Soy Vanilla Organic (18g)

Tea (0g)

English hot, decaf or herbal

Coffee (0g)

Regular or decaf

LUNCH AND DINNER

Served from 10:30 a.m. - 6:30 p.m.

MADE TO ORDER GRILL (varies)

Bread: White Bread or Bun, Wheat Bread or Bun, Pretzel Bun, or Sub Roll

Protein: Vegan Chicken Patty or Veggie Burger

Vegetables: Lettuce, Tomato, Onion, Pickle

BUILD YOUR OWN SALAD BAR

Salad Greens: Romaine Lettuce or Spring Mixed Greens

Vegetables: Diced Tomato, Grape Tomato, Black Olives, Edamame, Mandarin Oranges, Walnuts, Black Bean, Brown Rice, Red Onion

Protein: Veggie Burger Crumbles, Vegan Chicken Breast

BREAD

White Bread Slice (14g)

Pretzel Bun (20g)

Sub Roll (23g)

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Diet Dr. Pepper, Mountain Dew, Starry, Starry Zero

Juices (12-23g)

Orange, Apple Grape, Prune, Cranberry

Iced Tea, Hot Tea, Coffee - Regular, Decaf or Herbal

Milk (12-18g) - Vanilla Soy Milk, Almond

SIDES AND SALAD

- Sautéed zucchini and mushrooms (2g)
- Large tator tots (23g)
- Green beans (4g)
- Steamed Peas (11g)
- Steamed corn (16g)
- Broccoli (3g)
- Mixed fresh fruit cup (8g)
- Carrots (5g)
- Side Salad Greens (0g)

CONDIMENTS

- Margarine
- Butter
- Salt
- Pepper
- Sugar
- Sugar Sub
- Lemon Juice
- Pancake Syrup
- Assorted Jellies (Regular or Sugar Free)
- Ketchup
- Mustard
- Barbecue Sauce
- Mild Salsa
- Mrs. Dash
- Peanut Butter Cup

Salad Dressings: Lite Raspberry Vinaigrette

KIDS 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 (xxg)

Frosted Flakes (xxg)

Froot Loops (xxg)

Cheerios (xxg)

Corn Pops (xxg)

Cocoa Krispies (xxg)

Honey Nut

Cinnamon Toast

Rice Krispies (xxg)

Cheerios (xxg)

Crunch (xxg)

Beverages

Apple Juice (xxg)

Cranberry Juice (xxg)

Soy Vanilla Organic Milk (xxg)

Orange Juice (xxg)

Milk: 2% or Skim (xxg),

Hot Cocoa: Regular (xxg), Sugar Free (xxg)

Grape Juice (xxg)

Whole (xxg) or Skim Chocolate (xxg)

Prune Juice (xxg)

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



Off the Grill (Made to order)

Bread

White bread (xxg)
Wheat bread (xxg)
White bun (xxg)
Wheat bun (xxg)
Sub roll (xx)
Pretzel Bun (xxg)
Croissant (xxg)

Protein

Beef Burger (xxg)
Grilled Chicken (xxg)
Veggie Burger (xxg)
Fish Fillet (xxg)
Vegan Chick'n Patty (xxg)

Cheese

Swiss (xxg)
Mozzarella (xxg)
American (xxg)
Cheddar (xxg)

Toppings

Lettuce, Tomato,
Onion, Pickle

Sandwich Your Way (Made to order)

Bread

White bread (xxg)
Wheat bread (xxg)
White bun (xxg)
Wheat bun (xxg)
Sub roll (xx)
Pretzel Bun (xxg)
Croissant (xxg)

Protein

Turkey (xxg)
Ham (xxg)
Roast Beef (xxg)
Tuna Salad (xxg)
Egg Salad (xxg)

Cheese

Swiss (xxg)
Mozzarella (xxg)
American (xxg)
Cheddar (xxg)

Toppings

Lettuce, Tomato,
Onion, Pickle

On the Side

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

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 xxg, Wheat xxg)

Cheese Quesadilla (xx-xxg Carb)

Personal Pizza (xx-xxg Carb)

Build Your Own Creation!

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

Snacks

Fresh Fruit (Varies)	Chips and Salsa (33g)	(16g), Ritz (xxg), Graham Crackers (xxg), Goldfish (xxg)
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)	
	Crackers: Saltines	

Ahh...The Good Stuff

Apple Pie (56g)	Pudding Cup (Sugar free available)
Chocolate Cake (41g)	Vanilla (xxg), Chocolate (xxg)
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 (xxg), Red (xxg)	

Beverages

Pepsi (xxg)	Sugar Free (xxg)
Diet Pepsi (0g)	Iced Teas (xxg)
Dr Pepper (xxg)	Hot Tea: Regular (xxg), Decaf (xxg)
Diet Dr Pepper (xxg)	Broths (Regular or Low Sodium): Beef (xxg), Chicken (xxg)
Mtn Dew (xxg)	Milk: 2% (xxg), Whole (xxg), Skim (xxg), Chocolate (xxg), Vanilla Soy (xxg)
Sierra Mist (xxg)	
Diet Sierra Mist (xxg)	
Juices: Orange (xxg), Apple (xxg), Grape (xxg), Prune (xxg), Cranberry (xxg)	
Hot Cocoa: Regular (xxg)	

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 (xxg)	Caesar Dressing (2g)
Non-Dairy Creamer (xxg)	Ranch Dressing (1g)
Half & Half (xxg)	Parmesan Cheese (0g)
Cream Cheese Lite (2g) or Regular (1g)	Mayo (0g)
Brown Sugar (12g)	Ketchup (3g)
Lemon Wedge (1g)	Mustard (1g)
Honey (7g)	Tartar Sauce (1g)
Jelly (9g)	Salsa (4g)

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 (xxg)

Frosted Flakes (xxg)

Froot Loops (xxg)

Cheerios (xxg)

Corn Pops (xxg)

Cocoa Krispies (xxg)

Honey Nut

Cinnamon Toast

Rice Krispies (xxg)

Cheerios (xxg)

Crunch (xxg)

Beverages

Apple Juice (xxg)

Cranberry Juice (xxg)

Soy Vanilla Organic Milk (xxg)

Orange Juice (xxg)

Milk: 2% or Skim (xxg),

Hot Cocoa: Regular (xxg), Sugar Free (xxg)

Grape Juice (xxg)

Whole (xxg) or Skim Chocolate (xxg)

Prune Juice (xxg)

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



Off the Grill (Made to order)

Bread

White bread (xxg)
Wheat bread (xxg)
White bun (xxg)
Wheat bun (xxg)
Sub roll (xx)
Pretzel Bun (xxg)
Croissant (xxg)

Protein

Beef Burger (xxg)
Grilled Chicken (xxg)
Veggie Burger (xxg)
Fish Fillet (xxg)
Vegan Chick'n Patty (xxg)

Cheese

Swiss (xxg)
Mozzarella (xxg)
American (xxg)
Cheddar (xxg)

Toppings

Lettuce, Tomato,
Onion, Pickle

Sandwich Your Way (Made to order)

Bread

White bread (xxg)
Wheat bread (xxg)
White bun (xxg)
Wheat bun (xxg)
Sub roll (xx)
Pretzel Bun (xxg)
Croissant (xxg)

Protein

Turkey (xxg)
Ham (xxg)
Roast Beef (xxg)
Tuna Salad (xxg)
Egg Salad (xxg)

Cheese

Swiss (xxg)
Mozzarella (xxg)
American (xxg)
Cheddar (xxg)

Toppings

Lettuce, Tomato,
Onion, Pickle

On the Side

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

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 xxg, Wheat xxg)

Cheese Quesadilla (xx-xxg Carb)

Personal Pizza (xx-xxg Carb)

Build Your Own Creation!

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

Snacks

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

Ahh...The Good Stuff

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

Beverages

Pepsi (xxg)	Sugar Free (xxg)
Diet Pepsi (0g)	Iced Teas (xxg)
Dr Pepper (xxg)	Hot Tea: Regular (xxg), Decaf (xxg)
Diet Dr Pepper (xxg)	
Mtn Dew (xxg)	Broths (Regular or Low Sodium): Beef (xxg), Chicken (xxg)
Sierra Mist (xxg)	
Diet Sierra Mist (xxg)	Milk: 2% (xxg), Whole (xxg), Skim (xxg), Chocolate (xxg), Vanilla Soy (xxg)
Juices: Orange (xxg), Apple (xxg), Grape (xxg), Prune (xxg), Cranberry (xxg)	
Hot Cocoa: Regular (xxg)	

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 (xxg)	Caesar Dressing (2g)
Non-Dairy Creamer (xxg)	Ranch Dressing (1g)
Half & Half (xxg)	Parmesan Cheese (0g)
Cream Cheese Lite (2g) or Regular (1g)	Mayo (0g)
Brown Sugar (12g)	Ketchup (3g)
Lemon Wedge (1g)	Mustard (1g)
Honey (7g)	Tartar Sauce (1g)
Jelly (9g)	Salsa (4g)