Children’s Menu

Dial 265-0202 from your room telephone to place your order anytime from 6:30 am to 8 pm.

- Your made-to-order meal will be delivered to your bedside within 45 minutes, or you may request to have your meal delivered at a specific time.
- If you have been prescribed a special diet, a room service clerk can help you with your selections.
- Families and guests may order room service from the children’s or adults’ menus. Each meal is $8 and includes one main course, two side orders, beverage and dessert/fruit. Cash and credit cards are accepted.
- Family members may order meals for a patient from outside the hospital. Request a take-home menu from the nurses’ station or room service clerk.
- Baby foods and pureed foods are available upon request.

We are proud to make the healthy choice the easy choice

The healthiest food and drink choices, set by UW Health registered dietitians.

Food options free of beef, pork, poultry and fish.
These items may contain dairy and egg products.

Gluten-free options. Additional items that have no gluten added are available upon request.
Breakfast

**Fluffy Egg Omelet**
Select from a veggie, ham and cheese or cheese omelet and add your choice of (green bell peppers, onions, tomatoes or spinach)

*Add your choice of potatoes or toast and fruit*

**Very Berry French Toast**
Sweet French toast, made with wheat or white bread, served with berry compote and light or regular yogurt of your choice

**Wacky Waffles**
Two waffles served with your choice of peanut butter, syrup, fruit compote, margarine, or butter and a serving of fruit

**Egg-cellent Sandwich**
Toasted whole-wheat English muffin topped with one egg and choice of ham, bacon, turkey sausage and/or cheese

**Sunrise Pancake**
One pancake served with toppings of your choice (syrup, fruit compote, peanut butter, banana, margarine, butter)

**Hearty Hot Cereal**
Select from oatmeal, cream of wheat or cream of rice and served with your choice of berry compote, walnuts and skim milk

**Fruity Yogurt Parfait**
Layers of vanilla Greek yogurt and fruit topped with house-made granola

**Scrambler**
Light and tender scrambled eggs served with your choice of toast or potatoes and fruit

**Cereal and Milk**
Select from a variety of cold cereals, including: Cheerios®, Honey Nut Cheerios®, Rice Chex®, Kashi Go Lean®, Total Raisin Bran®, Frosted Mini Wheats® and Cinnamon Toast Crunch®

*Served with your choice of skim milk and fruit*

**Super Power Protein Plate**
A hard-boiled egg and 1/2 bagel served with peanut butter and your choice of lite or regular yogurt

**Breakfast Sides**
Turkey sausage patty
Bacon
Ham
Sausage links
Hash browns
O’Brien potatoes
Toast (whole wheat, white, rye, sourdough, cinnamon raisin)
English muffin
Bagel (plain, whole wheat, cinnamon raisin)
Mini muffin (blueberry, apple-bran)

**Fruits**
Apple (whole or sliced)
Applesauce
Banana
Canned fruit (peaches, pears, prunes, mandarin oranges, fruit cocktail)
Fresh fruit cup
Grapes
Melon (cantaloupe, honeydew, watermelon)
Orange
Pineapple
Raisins
Strawberries
Warm berry compote

**Yogurts**
Yogurt (fat-free, low-fat, Greek)

Breakfast is available all day!
Lunch and Dinner

**Macaroni and Cheese**
Macaroni and cheese served with your choice of vegetable and fruit

**BBQ Chicken Picnic**
BBQ or plain grilled chicken breast served with your choice of savory side, vegetable and fruit

**Thanksgiving Dinner**
Roasted turkey served with your choice of potato, vegetable and fruit

**Chicken Pot Pie**
Chicken and vegetables in a creamy sauce with a light flaky crust

**PB and B**
Peanut butter and banana sandwich served with your choice of vegetable and fruit
  *The classic peanut butter and jelly is also available*

**Fresh Taco**
One taco (chicken, ground beef, whitefish or bean) served with your choice of lettuce, diced tomato, cheese and/or guacamole
  *Add your choice of vegetable and fruit*

**Chicken Fingers and Fries**
Chicken fingers with baked French or sweet potato fries and your choice of vegetable and fruit

**Fish and Fries**
Baked cod served with baked French or sweet potato fries and your choice of vegetable and fruit

**Spaghetti and Meatballs**
Spaghetti and meatballs served with your choice of vegetable and fruit

**Burgers and Fries**
A burger (beef, chicken breast, turkey, Boca®) served on a bun with your choice of baked French or sweet potato fries, vegetable and fruit

**Caesar’s Chicken Salad**
Fresh romaine salad served with a grilled chicken breast, croutons, Parmesan cheese and Caesar dressing on the side, served with a dinner roll

Very Veggie Hummus Platter
Fresh vegetables with pita bread and hummus (chickpea spread)

Cheesy Quesadilla
Quesadilla (cheese, bean and cheese, beef and cheese, or chicken and cheese) with lettuce, diced tomato and guacamole on the side
  *Served with your choice of vegetable and fruit*

Soup and Build Your Own Sandwich
Choose from a selection of hot soups (chicken noodle, cream of potato, tomato, vegetable, vegetarian chili or broth) and build your own sandwich (chicken salad, egg salad, ham, roast beef, tuna salad, turkey, cheese, grilled cheese, peanut butter and jelly, hummus, avocado)
  *Consider adding a choice of fruit and vegetable sides*

Sweet Thai Stir-Fry
Stir-fried vegetables served with your choice of chicken, beef or tofu on a bed of rice with a sweet and tangy sauce

Pizza Night
Start with a delicious flat bread with pizza sauce and add your favorite topping Canadian bacon, sausage, pepperoni, ham, chicken, cheese, black olives, green peppers, mushrooms, onions, pineapple, tomato, spinach
  *Add your choice from the vegetable and fruit sides*

Sides

**FRUITS**
- Apple (whole or sliced)
- Applesauce
- Banana
- Canned fruit (peaches, pears, prunes, mandarin oranges, fruit cocktail)
- Fresh fruit cup
- Grapes
- Melon (cantaloupe, honeydew, watermelon)
- Orange
- Pineapple
- Raisins
- Strawberries
- Warm berry compote

**VEGETABLES**
- Garden side salad
- Raw veggies (carrots, cucumbers, celery)
- Steamed broccoli
- Steamed carrots
- Steamed cauliflower
- Sauteed vegetable blend
- Steamed peas
- Steamed green beans

**SAVORY SIDES**
- Dinner roll
- Garlic bread
- Wild rice blend
- Brown rice
- White rice
- Corn
- Mashed potato
- Baked French fries
- Baked sweet potato fries
- Refried beans
- Buttered noodles

*Remember to order your dressing and favorite condiments.*
**Snacks**
- Ants on a log (celery, peanut butter and raisins)
- Cheese and crackers
- Chips (Sunchips®, baked potato chips)
- Cottage cheese
- Fruit leather
- Hard-boiled egg
- Graham crackers

Also check yogurts, fruits and vegetables lists

**Desserts**
- Gelatin (strawberry, orange, lime)
- Pudding (vanilla, chocolate, butterscotch)
- Cookie (chocolate chip, oatmeal raisin, sugar)
- Cheesecake (plain or drizzled with chocolate sauce)
- Angel food cake
- Banana bread
- Fruit smoothies (mixed berry, strawberry-banana)

Sugar-free options are available upon request

**FROZEN DESSERTS**
- Frozen yogurt (vanilla, chocolate, strawberry)
- Ice cream
- Sherbet (raspberry, orange)
- Sugar-free sorbet (orange, strawberry)
- Milkshake (vanilla, chocolate, strawberry)

Fruit ice (orange, cherry)
- Frozen fruit bar (very berry)
- Popsicle (regular, sugar-free)

**Beverages**

**HOT**
- Hot chocolate (regular, sugar-free)
- Tea (black, green, Earl Grey, orange spice)
- Decaffeinated tea (black, cinnamon apple)

**COLD**
- Bottled water
- Gatorade® G2 (blue, orange, lemon-lime, fruit punch)
- Lemonade (sugar-free)
- Unsweetened iced tea (regular, decaffeinated)

**NUTRITION SUPPLEMENTS**
- Carnation Breakfast Essentials® (vanilla, chocolate)
- Ensure Clear® (apple, mixed berry)
- High-protein milk shake (chocolate)
- Ensure Plus® (chocolate, vanilla, strawberry)
- Boost Compact® (chocolate)
- Magic Cup® (chocolate, vanilla, mixed berry, orange)
- PediaSure® (vanilla, strawberry, chocolate)
- Prosource Gelatin®

**MILK**
- Milk (skim, 2%, whole, chocolate) Dairy Ease®
- Non-dairy milk (soy milk (vanilla, chocolate), almond milk)

**JUICES**
- Orange
- Apple
- Cranberry
- Grape (purple, white)
- Prune
- Tomato
- Low sodium V8®