

Breakfast Choices

French Toast*
French Toast Sticks*
Pancakes*
Bacon
Sausage
Scrambled Eggs
Scrambled Eggs with Cheese
Hard Boiled Egg
Fruit Yogurt

* Served with syrup & margarine

Cereal Choices

Grits
Oatmeal
Cream of Wheat
Cheerios
Honey Nut Cheerios
Frosted Flakes
Corn Flakes
Fruit Loops
Rice Krispies
Raisin Bran

Bakery Choices

Bagel
Danish
Toast
Biscuit
Blueberry Muffin
Bran Muffin
Corn Muffin

Selections must meet Dr.'s. diet order.

Lunch & Dinner Choices

Hot Entrées

Grilled Cheese Sandwich
Cheese Quesadilla
Beef Ravioli
Hamburger
Cheeseburger
Hot Dog
Chicken Fingers
Chicken Nuggets
Fish Sticks
Cheese Pizza
Pepperoni Pizza
Pepperoni Hot Pockets
Mini Corn Dogs
Baked Fish
Baked Chicken Breast
Baked Chicken on a Bun

Sandwiches* & Salads

Peanut Butter & Jelly
Ham and Cheese Sandwich
Chicken Salad Sandwich
Turkey Sandwich
Roast Beef Sandwich
Tuna Salad Sandwich
Fresh Fruit & Cottage Cheese Plate
Chef Salad with Turkey

*available on white or wheat bread

Add-Ons

Mayonnaise
Mustard
Ketchup
BBQ Sauce
Honey
Honey Mustard
Sour Cream
Ranch Dressing
Lettuce
Tomato
Onion
American Cheese Slice
Cream Cheese
Regular or Light

Fruit Choices

Fresh Apple
Fresh Orange
Fresh Banana
Fresh Grapes
Fresh Strawberries
Fresh Fruit Cup
Canned Peach Slices*
Canned Pears*
Mandarin Oranges*
Applesauce
Strawberry Applesauce
Fruit Cocktail*

* In 100% juice or light syrup

Side Choices

Mac & Cheese
Mashed Potatoes
Baked Potato
French Fries
Potato Chips
Tater Tots
Steamed Rice
Egg Noodles
Carrots
Green Beans
Corn
Broccoli (available with Cheese Sauce)
Carrots and Celery Sticks
Cucumber Slices
Garden Salad
Cole Slaw
Chicken Noodle Soup
Chicken Rice Soup
Cream of Chicken Soup
Cream of Mushroom Soup
Tomato Soup
Vegetable Beef Soup

Dessert Choices

Chocolate Chip Cookie
Oatmeal Cookie
Sugar Cookie
Chocolate Cake
Animal Crackers
Vanilla Wafers
Gelatin (Cherry, Strawberry, Lemon, Orange)
Pudding (Vanilla, Chocolate, Rice)
Ice Cream (Vanilla, Chocolate)
Orange Sherbet
Brownie
Angel Food Cake
Sponge Cake

Drink Choices

Milk
Fat Free
Low Fat
Whole
Chocolate
Lactose Free
Soy

Juice
Apple*
Orange*
Cranberry
Grape*
Tomato
Prune*
Fruit Punch*

* 100% juice, no sugar added

Hot Chocolate
Regular
Sugar-Free

If a Nutrition Coordinator has not come to take your menu choices by 3:00 p.m. please call ext. 2-1062 before 6:45 p.m. to place your menu selection for the following day. *



Wolfson's Children's Menu

*Selections must meet your current diet order.

Meal Delivery Times*

Breakfast – 7:00 a.m. – 8:30 a.m.

Lunch – 11:00 a.m. – 12:30 p.m.

Dinner – 4:00 p.m. – 5:30 p.m.

Times are approximate & may vary

Please call the Food and Nutrition Staff at Ext: 2-1062 if you have any other questions or concerns

Thank you for choosing Baptist Health



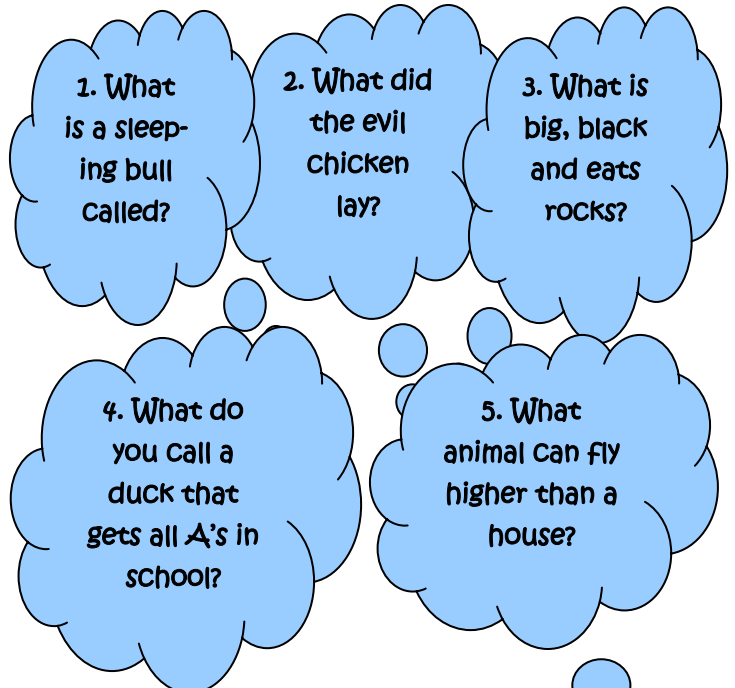
Word Search

S T R I T L M I O Q J O U R K
 K N G Q H R E P X N S Y D E S
 C C R X N C F Q J Z P P L E A
 V Z A D T Q V B T P L F L O I
 V H I T A E M X A T X B E W N
 U B N C Q K N A D L A S G G E
 C M S M P H D O Q T V U I N G
 Y T Z A H A R L E L O H Q T C
 L R S B P D L G C C L I Y H W
 D T I P J N E D H A X T Z G C
 A P L A D V U P E R T I U R F
 V E L F D R Z F E R I J A T B
 S M C P M G T G S O F Q H T Q
 W L A X A F A X E T B D L M A
 L K A I Z R C T V S W Q F Q C

APPLES	VEGETABLES
CARROTS	PASTA
CHEESE	MEAT
DAIRY	GRAIN
EGGS	FRUIT

Just Jokes

Find answers at the bottom of the page



Answer key: 1. Bull dozer 2. Deviled Eggs 3. A Big Black Rock Eater 4. A wise quacker 5. All flying animals because houses don't fly