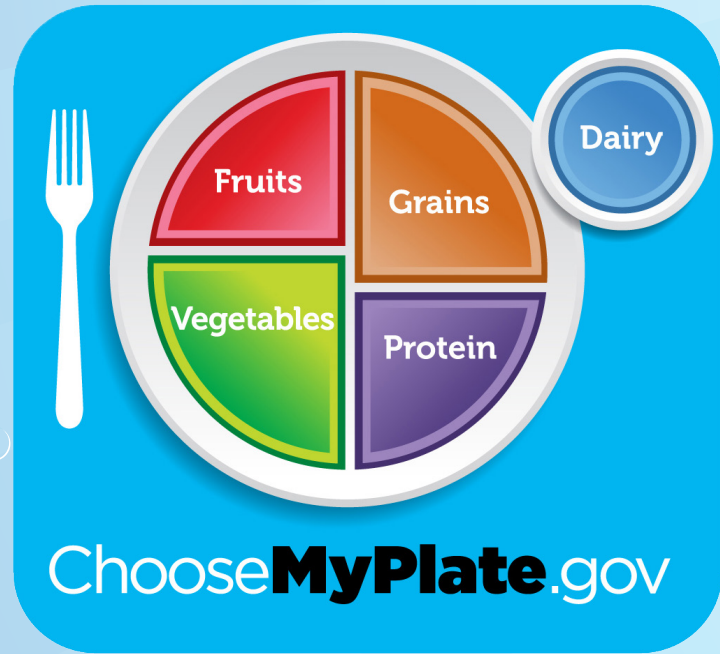


Daily Food



What is MyPlate?

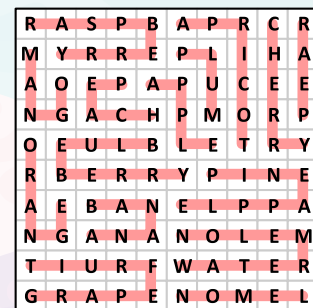
- MyPlate is a reminder that eating a variety of foods helps us stay healthy.
- Eating foods from all the food groups at meal times will provide energy and nutrients that everyone needs to feel good.
- Everything we eat and drink matters! The right mix can help you be healthier now and in the future.

This means:

- Choose whole, fresh, real foods most often
- Choose foods and beverages with less sugar and salt
Water is good for everybody!
- During mealtimes eat with family or friends
- Set a good example for others with good eating habits!

For more great pointers on these and other subjects go to ChooseMyPlate.gov.

ANSWER:



Fruit and Berry Word Search

This is a zigzag word search puzzle. Words go left, right, up, down, and can bend at right angles. There are no unused letters in the grid. Every letter is used only once.

R	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

Find all the words from the word list.



- ~~APPLE~~
- APRICOT
- BANANA
- BLUEBERRY
- CHERRY
- GRAPEFRUIT
- LEMON
- MANGO

- ORANGE
- PEACH
- PEAR
- PINEAPPLE
- PLUM
- RASPBERRY
- WATERMELON

Notes:

CHKD Dining Menu

How it Works:

Our goal is to deliver fresh, delicious food to your room daily. Choose from a wide variety of foods for kids and teens of all ages. An experienced chef guarantees the highest quality food experience at every meal.

Dining associates will visit you throughout the day to take your meal orders and provide guidance with the ordering process. Please tell us about any food preferences or allergies. Our dining associates will also provide their contact information to ensure great customer service.

Meal Service Times:

Breakfast: 8:00 a.m.-10:00 a.m.
Lunch: 12:00 p.m.-2:00 p.m.
Dinner: 5:00 p.m.-7:00 p.m.

Between meal times: Ask your nurse about snacks or boxed meals.

Ordering a Guest Meal:

Guest meals can be ordered by contacting your dining associate. Credit cards only, please.

Dining Associate:

 Children's Hospital of The King's Daughters

Beach Breakfast

SUNDAY

Scrambled Eggs

Honey Nut Cheerios® | Tater Tots
Banana | Milk | Water

MONDAY

Waffles

Scrambled Eggs | Raisin Bran®
Sausage Link | Fresh Fruit Cup
Syrup | Milk | Water

TUESDAY

Egg and Cheese Biscuit

Bacon | Apple Slices & Yogurt Dip
Milk | Water

WEDNESDAY

Pancakes

Scrambled Eggs | Rice Krispies®
Orange | Syrup
Milk | Water

THURSDAY

French Toast Sticks

Scrambled Eggs | Fresh Fruit Cup
Syrup | Milk | Water

FRIDAY

Scrambled Eggs

English Muffin | Bacon | Banana
Fruit and Yogurt Parfait | Milk | Water

SATURDAY

Pancakes

Scrambled Eggs | Sausage Link
Strawberries | Syrup | Yogurt
Milk | Water

Long Boat Lunch

SUNDAY

Beef Taco

Corn | Brown Rice | Peaches
Milk | Water

MONDAY

Hamburger

Baked Beans | Salad with Ranch
Strawberries | Milk | Water

TUESDAY

Breaded Chicken Sandwich

Mashed Potatoes | Gravy
Green Beans | Pears | Milk | Water

WEDNESDAY

Pepperoni Pizza

Carrots & Ranch | Fresh Fruit Cup
Milk | Water

THURSDAY

Chicken Nuggets

Tater Tots | Cucumbers & Ranch
Pineapple | Milk | Water

FRIDAY

Crispy Fish Sandwich

Mac & Cheese
Roasted Zucchini | Peaches
Milk | Water

SATURDAY

Meatball Sub

Carrots, Celery & Peanut Butter
Doritos® | Pears | Milk | Water

Deep Sea Dinner

SUNDAY

Chicken Fried Rice

Vegetable Stir Fry | Grapes
Milk | Water

MONDAY

Spaghetti and Meatballs

Broccoli & Cheese Sauce
Garlic Breadstick
Mandarin Oranges | Milk | Water

TUESDAY

Baked Chicken Drumsticks

Roasted Vegetables | Baked Potato
Strawberries | Milk | Water

WEDNESDAY

Chicken Quesadilla

Corn | Spanish Rice | Grapes
Milk | Water

THURSDAY

Baked Ziti with Meat Sauce

Garlic Breadstick | Green Beans
Pears | Milk | Water

FRIDAY

Cheese Pizza

Salad with Ranch
Mandarin Oranges
Milk | Water

SATURDAY

Chicken Nuggets

Broccoli | Mac & Cheese
Apple Slices & Caramel Dip
Milk | Water

Also Available

BREAKFAST

Oatmeal | Grits
Scrambled Eggs | Bacon | Sausage
Blueberry Muffin | Biscuit
Yogurt | Assorted Cold Cereal
Toast: White or Wheat

SANDWICHES

Uncrustables Peanut Butter & Jelly
Turkey & Cheese
Ham & Cheese | Tuna Salad
Cheese: American | Cheddar
Swiss | Provolone
Toppings: Lettuce | Tomato
Onion | Pickles

SOUP & SALAD

Chicken Noodle | Tomato
Vegetable
Chicken Caesar Salad | Chef Salad
Dressings: Ranch | Italian | Caesar

HOT GRILL

Chicken & Cheese Quesadilla
Grilled Chicken | Grilled Cheese
Hamburger
Cheese: American | Cheddar
Swiss | Provolone
Toppings: Lettuce | Tomato
Onion | Pickles

FAN FAVORITES

Chicken Nuggets
Penne Pasta & Marinara
Pizza: Cheese | Pepperoni

SIDES

Vegetables: Broccoli | Carrots | Corn
Green Beans | Peas | Side Salad
Starch: Mac & Cheese
Mashed Potatoes | French Fries
Buttered Egg Noodles
Assorted Chips
Rice: White | Brown

DESSERTS

Ice Cream | Sherbet | Gelatin
Pudding | Dole Fruit Cup
Applesauce | Fresh Fruit Cup
Whole Fruit: Apple | Banana | Orange
Cookie: Sugar | Chocolate Chip

BEVERAGES

Juice: Apple | Orange | Cranberry
Milk: White | Chocolate | Almond | Soy
Hot Cocoa | Sugar-Free Crystal Light

Please tell your Doctor, Nurse and Dietitian if you have special dietary needs or have food allergies. They can help make sure you get foods that are right for you!