

Tots, Teens & In-Betweens Carbohydrate Menu

A Nutrition Technician will stop by your room each morning and take your meal order. If you were out of your room, we will send a meal of kid-tested favorites or you may call **52052** to place your order for the next meal.

Free Caregiver Meals

A free meal is available for one caregiver at each meal. If you prefer to choose your menu or need meals for family members, they are available for:

\$2.00 for Breakfast

\$3.00 for Lunch or Dinner

Please let your Nutrition Technician know if you need a free meal or wish to purchase additional meals.



**Children's
Hospital
of Illinois**
at OSF Saint Francis Medical Center

* Options available in sugar free
(C) Not appropriate for 3 years and younger
(T) Smaller servings for toddlers

All items have carbohydrate grams listed

Breakfast

Rise and Shine

(T) French Toast Dippers 34 g
Pancakes 28 g
Egg Scramblers 1 g
Biscuit & Gravy 31 g
Very Cheesy Omelet 6 g
Waffles 13 g



A Little More ...

Bacon Strips 0 g
Sausage Rounds 0 g
Hashbrowns 16 g
Gravy 10 g



Hot Cereals

(T) Oatmeal 20 g, (T) Cream of Wheat 11 g



Cereal Bowls

Fruit Loops 18 g, Cheerios 15 g, Apple Jacks 16 g, Frosted Flakes 26 g,
Corn Flakes 18 g, (C) Raisin Bran 27 g

Doughnuts & More

Glazed Doughnut 27 g, Apple Danish 45 g, Cream Cheese Danish 37 g,
Cinnamon Roll 33 g, Kellogg's Pop Tarts: Frosted Strawberry 74 g,
Muffin: Blueberry 15 g, Pineapple 15 g

Breads

Please specify toasted or untoasted

White 13 g, Wheat 12 g, English Muffin 26 g,
Cinnamon Raisin English Muffin 30 g,
Bagel 30 g, Cinnamon Raisin Bagel 32 g, Biscuit 21 g



Fruit & Yogurt

Available All Day

Banana 31 g, (C) Apple 21 g, Orange 15 g, Pineapple 14 g, (C) Melon 21 g,
Peaches 13 g, Pears 22 g, (C) Grapes 15 g, Applesauce 13 g, Mandarin Oranges 11 g,
Tropical Fruit Cup 16 g, (C) Assorted Fresh Fruit (In season) 15 g, Fruited Yogurt 42 g,
Lite Fruited Yogurt 14 g

Ex...tra...Ex...tra...

Lettuce 0 g, Tomato 0 g, Margarine 0 g, Cream Cheese 1 g, Sour Cream 1 g,
(C) Peanut Butter 3 g, Brown Sugar 13 g, Cinnamon 0 g, Ketchup 4 g, Mustard 0 g,
BBQ Sauce 4 g, Salt 0 g, Pepper 0 g, Salsa 4 g, Syrup 30 g,
Sugar 4 g, Strawberry Jelly 12 g, Grape Jelly 12 g, Strawberry Syrup 26 g,
Chocolate Syrup 24 g

* SUGAR FREE OPTIONS: Syrup 3 g, Sugar 0 g, Strawberry Jelly 2 g, Grape Jelly 2 g



Lunch & Dinner

Cottage Cheese 2 g, (C) Fruit & Cheese Plate 20 g,
 (C) Baked Chips 26 g, (C) Potato Chips 15 g, (C) Pretzels 32 g, (C) Crunchy Cheetos 15 g,
 (C) Tostito Chips & Salsa 40 g, Graham Crackers 17 g, Fig Newtons 22 g,
 Dolphins & Friends 16 g, Animal Crackers 42 g, Vanilla Wafers 22 g,
 Keebler Elf Grahams 20 g,



Kellogg's Nutrigrain Bars: Strawberry 26 g, Apple 26 g



Fun On A Bun

Hamburger 22 g
 Cheeseburger 22 g
 (T) Grilled Cheesy Wedges 28 g
 (C) Hot Diggity Dog 23 g
 Pepperoni Hot Pocket 34 g
 Ham & Cheese Hot Pocket 34 g
 Little Grouper Fish Sandwich 38 g
 A Very Sloppy Joe 24 g
 (C) Mini Corn Dogs 17 g



Build Your Own

(T) Turkey 1 g
 (T) Roast Beef, Ham 0 g, 0 g
 American Cheese 1 g
 Swiss Cheese 1 g
 White Bread 13 g
 Wheat Bread 12 g
 Mini Submarine 21 g
 (T) Peanut Butter & Jelly 37 g
 * (T) Peanut Butter & Jelly 27 g



Favorites

Mexican

Beef Soft Taco 24 g
 (C) Mini Tacos 17 g
 Cheese Quesadilla Wedges 40 g
 (C) Nachos 40 g
 (C) Taco Salad 37 g



Italian

(T) Mini Raviolis 17 g
 (T) ABC's w/Meatballs 34 g
 Personal Cheese Pizza 47 g



Traditional

Baked Fish 2 g
 Baked Chicken 0 g
 Baked Turkey 2 g
 Baked Roast Beef 1 g
 Baked Pork Chop 0 g

Little Fingers

(T) Chicken Strips 15 g
 (T) Fish Sticks 27 g
 (T) Chicken Nuggets 8 g



Fork Required

Chicken Pot Pie 36 g
 (T) Mac N' Cheese 46 g
 Baked Potato 33 g



Side Carts



Veggie Patch

(C) Corn 18 g
 (C) Peas 12 g
 (T) Green Beans 6 g
 (T) Baby Carrots 8 g
 (T) Broccoli w/ Cheese 8 g



Even More

(T) Rice 15 g
 (T) Noodles 22 g
 (C) Baked Beans 29 g
 Cheese Sauce 4 g
 Chicken/Mild Beef Gravy 10 g



Potato Classics

(T) Mashed Potatoes 18 g
 (T) Tater Tots 27 g
 (T) French Fries 19 g

Soups & Salads

Tossed Salad 3 g, Chef Salad 14 g, (C) Cole Slaw 14 g, Potato Salad 16 g,
(C) Carrots & Celery Sticks 6 g,
Campbell's Tomato Soup 21 g, Campbell's Chicken Noodle Soup 7 g,
Soup of the Day

Salad Dressings

Available in Regular and Fat Free

Ranch 2 g, 1000 Island 8 g, French 10 g, Italian 8 g

FAT FREE OPTIONS: Ranch 8 g, 1000 Island 11 g, French 12 g, Italian 10 g

Hunt's



Sweet Treats

Rice Krispie Treat 34 g	Vanilla Ice Cream 16 g	Vanilla Pudding 25 g
Brownie 38 g	Chocolate Ice Cream 19 g	Chocolate Pudding 29 g
Angel Food Cake 17 g	Strawberry Ice Cream 18 g	Strawberry Jell-O 19 g
(C) Turtle Cake 48 g	Orange Sherbet 29 g	Orange Jell-O 19 g
Strawberry Cheese Cake 43 g	Raspberry Sherbet 29 g	
Chocolate Chip Cookies 56 g	Cherry Frozen Icy 16 g	
Sugar Cookies 54 g	Orange Frozen Icy 16 g	

* **SUGAR FREE OPTIONS:** Vanilla Pudding 14 g, Chocolate Pudding 15 g,
Strawberry Jell-O 0 g, Orange Jell-O 0 g

Beverages

Apple Juice 13 g, Orange Juice 12 g, Grape Juice 17 g,
Cranberry Juice 17 g, Lemonade 13g, Fruit Punch 15g,
Gatorades: Lemon Lime 35g, Orange 35 g, Fruit Punch 35g,
Chocolate Milk 23 g, Skim Milk 12 g, 2% Milk 12 g, Whole Milk 12 g, Hot Cocoa 24 g,
Pepsi 24 g, Diet Pepsi 0 g, Sierra Mist 25 g, Diet Sierra Mist 0 g,
Iced Tea 0 g

* **SUGAR FREE OPTION:** Hot Cocoa 9 g



Prairie Farms

