

Mindful Meals

Children's Mercy Hospitals is a member of the Partnership for Healthier America (PHA). Children's Mercy supports healthy eating and is working to reduce childhood obesity. Our commitment has 9 components and focuses on reduction of sugar, salt, saturated fat, and Calories coming from foods with little or poor nutritional value. Selecting one of these combination "Mindful" meals makes the healthy choice the easy choice.

Morning Starter

Breakfast scramble with eggs, diced onion, green pepper, and tomato, served with two whole grain waffles and homemade blueberry syrup. Your choice of 1% milk, skim milk or yogurt.

Southwestern Special

Two breakfast burritos with a scramble of egg, green pepper, diced tomato and onion wrapped in a warm whole grain tortilla. Freshly made pico de gallo is served on the side. Comes with fresh strawberries and your choice of skim, 1% milk, or yogurt.

Burger Alternative

Veggie burger with lettuce, tomato, and onion on the side with crunchy carrots and a fresh strawberry yogurt parfait. Add your choice of beverage.

Asian Stir Fry

Tender chicken with brown rice served with a mix of stir fried vegetables. A cup of fresh pineapple served with your choice of skim, 1% milk, or yogurt.

The Traditional

Open faced hot roast beef sandwich served with mashed potatoes, green beans, a cup of chilled cantaloupe chunks and your choice of skim, 1% milk, or yogurt.

Baby Foods

- Strained Applesauce
- Strained Bananas
- Strained Pears
- Strained Peaches
- Strained Peas
- Strained Green Beans
- Strained Carrots
- Strained Sweet Potatoes
- Strained Beef
- Strained Chicken
- Infant Rice Cereal
- Infant Oatmeal

Beverages

- Apple Juice
- Grape Juice
- Orange Juice
- Cranberry Juice
- V-8 Fusion
- Iced Tea
- Hot Tea
- Hot Chocolate
- Sugar Free Hot Chocolate
- Sugar Free Fruit Punch
- Sugar Free Lemonade
- Mixed Berry Powerade Zero
- Ice Punch Gatorade
- Berry All Star Gatorade

Desserts

- Vanilla Milkshake
- Chocolate Milkshake
- Vanilla or Chocolate Pudding
- Vanilla or Chocolate Ice Cream
- Shake Mix-In Choices:**
Oreo Cookie Crumbs or Chocolate Syrup
- Orange Sherbet
- Oreo Thin Crisps
- Short Bread Cookies
- Fig Newtons
- Chocolate Chip Cookie
- Rice Krispie Treat
- Strawberry or Orange Gelatin
- Popsicle (Assorted flavors)
- Slushy (Assorted flavors)

Condiments

- Ketchup
- Mustard
- Mayonnaise
- Fat Free Mayonnaise
- BBQ Sauce
- Tarter Sauce
- Honey Mustard
- Cheese Sauce

Extras

- Peanut Butter Ritz Bitz
- Animal Crackers
- Graham Crackers
- Cheese and Crackers
- Hard or Soft Pretzel
- Tortilla Chips with Salsa
- Raisins
- Nutri-Grain Bars
- Granola Bars
- Oatmeal Cliff Bar
- Chip Cookie Cliff Bar

Supplements

- Vanilla Ensure Plus
- Vanilla or Chocolate Breakfast Essentials

Children's Mercy In Room Menu



1 Hour of Physical Activity



2 Hours of Screen Time



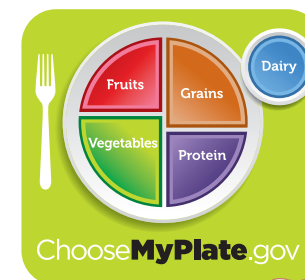
3 Servings of Low or Nonfat Milk or Yogurt



4 Servings of Water Not Sugary Drinks



5 Servings of Fruits and Vegetables



Dial 88321 to Order
7:00 a.m. to 8:00 p.m.

Breakfast Traditions

- Scrambled Egg
- Hard Cooked Egg
- Cheese Omelet
- Bacon Strips (2)
- Pork Sausage Patty
- Chicken Sausage Links (2)
- Hash Brown Puzzle Pieces
- Whole Grain Biscuit
- Biscuit with Sausage Gravy
- Whole Grain Pancakes (2)
- Blueberry Pancakes (2)
- Whole Grain Waffle (2)
- French Toast Sticks (2)
- Whole Grain Tortilla

Cereal Choices

- Cold** • Cheerios • Honey Nut Cheerios • Honey Nut Chex
 • Raisin Bran • Corn Flakes • Chocolate Frosted Mini Wheats
 • Rice Krispies
Hot • Oatmeal • Cream of Wheat **Add in Choices Options:**
 • Dried Fruit • Granola • Cinnamon • Sugar – White or Brown
 • Sugar Substitute

Toast and Breads

- Toast – *White or Whole Grain*
- English Muffin
- Blueberry Muffin
- Plain Bagel
- Blueberry Bagel
- Add:** • Margarine • Butter • Grape Jelly
- Strawberry Jelly • Cream Cheese
- Lite Cream Cheese
- Strawberry Cream Cheese
- Peanut Butter • Honey • Maple Syrup
- Sugar Free Maple Syrup
- Sugar Free Blueberry Syrup

Milk and Yogurts

- Greek Yogurt – *Blueberry, Strawberry or Vanilla*
- Granola Parfait – *Blueberry, Strawberry or Banana*
- Strawberry Banana Smoothie Drink
- Milk – *Skim, 1%, Whole or 2% Chocolate, 2% Strawberry*
- Soy Milk
- Lactaid Milk

Make Your Own Breakfast Sandwich

Biscuit
 English Muffin
 Tortilla
 Wheat Bread
 White Bread
with choice of
Egg – *Fried, or Scrambled*
 Pork Sausage
 Ham Slice
 Bacon Strips
Cheese – *American, Cheddar or Provolone*
 Tomato
 Onion
 Green Pepper

Traditional Entrees

- Chicken Pot Pie
- Hot Roast Beef
- Baked Chicken Breast
- Roast Turkey Breast
- Chicken and Cheese Qusadilla
- Soft Shell Tacos
- Taco Salad with Tortilla Chips
- Beef or Chicken Fajitas
- Stir Fry – *Vegetable, Beef or Chicken* with choice of *Teriyaki, Sweet and Sour or Soy Sauce*

Entree Finger Foods

- Mercy Chicken Tenders
- Fish Sticks
- Chicken Nuggets

Sides

- French Fries
- Sweet Potato Fries
- Tator Tots
- Mashed Potatoes
- Rice – *Brown or White*
- Baked Chips – *Original or BBQ*

Eat Your Vegetables

- Steamed Carrots
- Green Beans
- Cauliflower
- Broccoli
- Green Peas
- Corn Kernels
- Carrot Sticks
- Celery Sticks

Lunch or Dinner Breads

- Dinner Roll – *White or Whole Grain*
- Corn Muffin

Fresh Fruits

- Apple
- Orange
- Banana
- Cubed Cantaloupe
- Blueberries
- Strawberries
- Seedless Grapes
- Seedless Watermelon
- Pineapple Chunks
- Honeydew Melon

Canned Fruits

- Diced Pears
- Diced Peaches
- Fruit Cocktail
- Mandarin Oranges
- Applesauce

Sandwiches

- Grilled Cheese
- Grilled Ham and Cheese
- Hot Roast Beef
- Hamburger
- Cheeseburger
- Turkey Burger
- Turkey Cheeseburger
- Veggie Burger
- BBQ Beef
- 100% Beef Hot Dog
- Peanut Butter and Jelly
- BLT

Soups

Broths, Chicken Noodle, Cream of Potato, Tomato, Cream of Chicken, Vegetable

Salads

- Tossed Salad *with Choice of Dressing*
- Chef Salad *with Choice of Turkey, Ham, Diced Egg, Cheese, Tomato, Carrots and Croutons*
- Fresh Fruit Plate
- Dressing Choices:** • Ranch • French • Creamy Italian
- Fat Free Italian • Fat Free Ranch

Pizza or Pasta

- Kid Size Pizza – *Cheese, Pepperoni, Sausage or Vegetable*
- Whole Grain Spaghetti *with Marinara Sauce, Meat Sauce or Red Sauce*
- Macaroni and Cheese
- Cheese Ravioli *with Meat Sauce*
- Parmesan Noodles
- Spaghetttios

Guest Trays:

Gift cards are available for purchase in the Oceanside Café.

Meals are \$6.00 and consist of:
 1 entree, 3 sides and 1 beverage.



Make Your Own Sandwich

Deli Turkey, Ham,
 Roast Beef, Tuna Salad,
 Chicken Salad, Egg Salad
Add – *American, Provolone, Cheddar Cheese, Onion, Lettuce, Tomato, Dill Pickle*
On Choice of – *White Whole Grain, Whole Grain, Goldfish Bread or Soft Tortilla*