



Children's Mercy

PEDIATRIC MENU

• LOVE WILL •



Please call 51414 between
7:00AM - 8:00PM

morrison
healthcare



BREAKFAST

CEREALS AND YOGURTS

FRUIT, GRANOLA & YOGURT PARFAIT



(31g)

ASSORTED YOGURTS



Strawberry (25g)



Raspberry (27g)



French Vanilla (27g)



Light Vanilla (18g)

HOT CEREAL



Apple Cinnamon Cream of Wheat (27g)



Oatmeal (19g) with Brown Sugar (13g) & Raisins (7g)

COLD CEREAL



Whole Grain Cheerios (23g)



Cornflakes (16g)



Rice Chex (17g)



Raisin Bran (28g)



Honey Nut Cheerios (18g)



Cinnamon Toast Crunch (22g)



Total (16g)

BREAKFAST

BAKERY, BREADS & ENTREES

BAKERY & BREADS



English Muffin
(25g)



Biscuit (24g)



Bagel (37g)



Cinnamon Roll
(17g)



Blueberry Muffin
(31g)

BREAKFAST ENTREES



Pancakes Plain
(33g)



French Toast with
Cinnamon (21g)



Biscuit with Gravy
(26g)



Blueberry Pancakes
(35g)



Breakfast Potatoes
(22g)



Scrambled Eggs
(17g)

MEAT OPTIONS



Turkey or
Pork Sausage



Turkey or
Pork Bacon



BUILD YOUR OWN OMELET



Bacon



Turkey Bacon



Salsa
(2g)



Mushrooms



Green Peppers
(1g)



Onions
(1g)



American
(1g)



Cheddar
(1g)



Swiss
(1g)

GRILL

ENTREE, TACOS & SOUPS

ENTREES



Grilled Hamburger
(24g)



Grilled Cheeseburger
(25g)



Garden Burger
(39g)



Hot Dog
with Bun (22g)



Grilled Cheese
Sandwich (22g)



Crispy Chicken
Tenders (12g)



Cheese Quesadilla
(37g)



Grilled Chicken
Sandwich (26g)

BUILD YOUR OWN TACO



Turkey Taco
Meat (1g)



Soft Tortilla
Shell (15g)



Hard Taco
Shell (7g)



Lettuce



Cheddar



Tomato (1g)

SOUPS



Chicken Noodle
Soup (7g)



Tomato
Soup (13g)



Chicken & Rice
Soup (8g)



Vegetable Soup (6g)

GRILL

DELI

SLICED MEATS



Turkey Breast



Roast Beef



Sliced Ham
(1g)

DELI CHEESE



American (1g)



Swiss



Provolone



Cheddar (1g)

FILLINGS



Peanut Butter (4g)
Regular Jelly (10g)
Sugar Free Jam (3g)



Tuna Salad (2g)



Egg Salad (5g)



Chicken Salad (2g)

BREADS



White (28g)



Sandwich Thin (21g)



Udi's Gluten Free
Bread (38g)



Whole Wheat
(21g)



Flour Tortilla (35g)

ADD ONS



Lettuce



Pickle Slices



Tomato

ENTREES

MAIN ENTREES, PASTA & PIZZA

ENTREES



BBQ Pork (18g)



Chicken Pot Pie (18g)



Lasagna with Marinara Sauce (58g)



Meatloaf (3g)



Roast Turkey Breast (4g)



Fish Sticks (33g)



Beef Pot Roast (1g)

BUILD YOUR OWN PIZZA



5" Pizza Crust (38g)



Pepperoni



Tomato (1g)



Onions



Mushrooms



Green Peppers (1g)



Marinara (10g)

5" Cauliflower Crust (78g)

BUILD YOUR OWN PASTA



Penne Pasta (41g)



Turkey Meat Sauce (6g)



Alfredo Sauce (5g)

ENTREES

SALADS & FRUIT

SALADS



Chef Salad (4g)



Caesar Salad with
Chicken (11g)



Fruit Plate with Cottage
Cheese (36g)

FRUITS



Fresh Fruit Cup
(13g)



Grapes (14g)



Pears (17g)



Apple (18g)



Orange (15g)



Pineapple (11g)



Mandarin
Oranges (20g)



Peaches (14g)



Fruit Cocktail (14g)



Banana (27g)

ENTREES

ON THE SIDE

SIDES



Mashed Potatoes (18g)



Roasted Potatoes (18g)



White Rice (23g)



Brown Rice (24g)



Tater Tots (19g)



Macaroni & Cheese (14g)



Steamed Broccoli (4g)



Seasoned Green Beans (6g)



Cooked Carrots (8g)



Sautéed Zucchini (2g)



Black Beans (13g)



Whole Kernel Corn (18g)



Cottage Cheese (3g)



Dinner Roll (15g)



Side Salad (4g)

DESSERT



Brownie (31g)



Banana Pudding Parfait (18g)



Strawberry Shortcake Parfait (28g)



Applesauce with Cinnamon (13g)

GELATIN



Regular (18g)
Sugar Free (1g)

PUDDING



Chocolate (23g)
Sugar Free (18g)



Vanilla (27g)
Sugar Free (17g)

COOKIES



Sugar (21g)

ICE CREAM



Vanilla (16g)
Sugar Free (14g)



Chocolate (19g)
Sugar Free (18g)



Strawberry (19g)
Sugar Free (20g)



Chocolate Chip (23g)

FROZEN TREATS



Sherbet Orange (26g)



Italian Ice (37g)



Popsicle (9g)
Sugar Free (3g)



Vanilla Wafers (14g)

BEVERAGES & CLEAR LIQUIDS

BEVERAGES



Tea
Iced | Hot | Decaf | Regular
Sugar Free Lemonade



Hot Chocolate
Regular (12g)
Sugar Free



Vanilla Milkshake
(34g)



Chocolate Milkshake (30g)



Milk
Whole (12g) | Skim (12g)
1 2% (12g)



Chocolate Milk
(30g)



Juice
Apple (13g) | Cranberry (15g) | Grape (17g)
Orange (13g) | Prune (20g)

CLEAR LIQUIDS



Hot Beverages
Fresh Brewed Tea
Decaffeinated Tea



Cold Beverages
Iced Tea



Juice
Apple (13g) | Cranberry
(15g) | Grape (17g)



Broths
Beef (1g) | Chicken (1g)
Vegetable (4g)



Sherbet Orange
(27g)



Italian Ice (37g)



Gelatin
Regular (18g) | Sugar Free (1g)

SNACKS

SNACKS



Saltine Crackers
(4g)



Cheddar Cheese with
Peanut Crackers (23g)



Baked Potato
Chips (24g)



Apple Slices with
Peanut Butter (23g)



Pretzels (23g)



Hummus (2g)



Carrot & Celery Sticks
with Peanut Butter (8g)



Graham Crackers
(11g)



String Cheese



Cool Ranch Doritos
(31g)



Oreo Cookies
(19g)

ASSORTED YOGURTS



Strawberry (25g)



Raspberry (27g)



French Vanilla (32g)



Light Vanilla (18g)

MADE WITH OUT GLUTEN

MWOG: MADE WITH OUT GLUTEN



French Toast
(MWOG) (30g)



Bagel (MWOG)
(43g)



Hamburger Bun
(MWOG) (39g)



Bread (MWOG)
1 slice (19g)



Rotini Pasta
(MWOG) (31g)



Cauliflower Crust
(MWOG) (78g)



Udi's Gluten Free
Bread (39g)