

caregiver menu

call 3718 to order

Dayton Children's is pleased to provide each patient room with two free meals per day. There are a few options to order meals for delivery:

1. Call 3718 to have a meal delivered to your room using the options on this menu.
2. Call 3718 to request a \$6 voucher, then pick up from the nurses' station to use at Culinary Kitchen or Up Cafe.
3. Pay \$5 to order a meal off the patient menu. Meals include one entrée, two sides, a dessert and a drink. Pay using a credit card or voucher purchased from the vending machines.

Meal delivery menu:

- Breakfast is available from 7:00 am to 10:00 am. Options are listed on the back. Breakfast meals include one entrée, three sides and a beverage.
- From 10:00 am to 6:30 pm a boxed meal will be provided. Boxed meals include:
 - Choose 1:
 - Turkey sandwich
 - Roast beef sandwich
 - House salad with grilled chicken
 - Powerblend salad (kale, edamame, sunflower seeds, feta cheese and blueberries)
 - Choose 1: Beverage from the list on this menu
 - Chef's choice of chips, piece of fruit and dessert



call 3718 to order

**breakfast entrees
(choose 1)**

Scrambled eggs
Hardboiled egg

**sides (choose 3)
cereals**

Apple Jacks®
Cheerios®
Frosted Flakes®
Corn Flakes®
Froot Loops®
Rice Krispies®
Raisin Bran®
Special K®
Honey Nut Cheerios

meats

Turkey sausage patty
Bacon

bread & pastries

Wheat toast
Blueberry muffin

fruit

Apple
Banana
Orange
Cantaloupe
Applesauce
Canned peaches
Canned mandarin oranges
Canned Pears

Canned Pineapple

Fruit cocktail

Raisins

Seasonally available:

Grapes

Strawberries

Watermelon

beverages (choose 1)

Milk – 2%, chocolate,
skim, whole, soy (vanilla/
chocolate)

Diet Shasta – Cola, lemon-
lime

Juice – Apple, cranberry,
CranGrape, orange, fruit
punch, V8®

Bottled water

Crystal Light – lemonade,
cherry pomegranate, fruit
punch

Gatorade Zero®

dressings

Balsamic vinaigrette

French

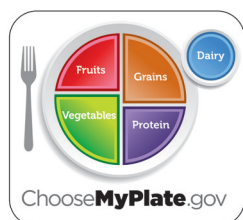
Italian

Ranch

Thousand Island

**view more food
options!**

Click the "Food & Rest"
tile on GetWellNetwork
on your TV for more free
and paid meal options!



make a healthy plate!

As you are choosing options, follow the MyPlate guidelines for a healthy plate. Get all the nutrients you need by eating all five food groups

