## BEVERAGES

Bottled Water • Sugar Free Lemonade
Hot Chocolate • Sugar Free Hot Chocolate
Juice: Orange / Cranberry / Grape / Apple
Milk: Whole / 1% / Chocolate / Lactose Free
Soy / Almond

## ALLERGEN ICON LIST

- Fish
- Shellfish
- Wheat
- Soybeans
- Sesame
- Peanuts
- Milk
- Eggs
- Tree Nuts



## Play Super Hero Games

| | | | | | | |
|---|---|---|---|---|---|---|
| B | A | L | L | O | O | N |
| E | O | G | E | B | M | U |
| A | B | L | T | O | S | M |
| R | M | O | T | A | M | B |
| G | A | M | E | S | O | E |
| N | B | E | R | L | U | R |
| O | M | R | S | B | O | S |

Find the Words Listed Below in the Puzzle above. Circle them as you Discover them. Good Luck!

1. BALLOON
2. BEAR
3. NUMBERS
4. LETTERS
5. GAMES

Finish Drawing the Teddy Bear's Ear So He Can Hear What You Are Saying.

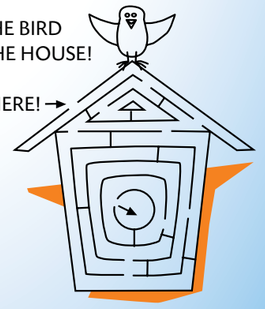



TREATS



HELP THE BIRD INTO THE HOUSE!

START HERE!



9/28/2026

# Alternative Menu

If you prefer something other than our Daily Chef Special, please choose from the Alternative Menu Options. Please provide your selections to your Food Service Catering Associate.



## MEAT/FISH

Flame-Broiled Hamburger / Veggie Burger • Cheeseburger
Hot Dog • Grilled Salmon • Grilled Chicken Breast
Chicken Nuggets • Chicken Tenders • Baked Cod
•Tuna Salad • Chicken Salad

## VEGETABLES

Seasoned Green Beans • Steamed Carrot Coins
Steamed Broccoli • California Vegetable • Garden Salad
Baked Sweet Potato • Baked Russet Potato
Creamy Mashed Potatoes • Steamed White Rice

POWER

## PIZZA/PASTA

Cheese / Pepperoni Pizza Half • Fettuccini
Baked Macaroni & Cheese • Lasagna Cheese Roll Up
Spaghetti & Meatballs • Marinara Sauce, Butter

## SOUPS

Chicken Noodle • Vegetable • Tomato
Cream of Chicken • Beef Stew
Low Sodium Varieties Available

## SANDWICH ON WHITE OR WHEAT

Peanut Butter & Jelly • Turkey • Ham • Roast Beef
Grilled Cheese • Chicken Salad • Tuna Salad
American Cheese / Lettuce / Tomato / Onion

## SNACKS

Bananas • Apples • Oranges • Grapes • Rice Krispy Treat
Goldfish Crackers • Graham Crackers • Teddy Grahams
Peanut Butter Cheese Crackers • Hummus, Celery & Carrots
Grapes & Cheese • Apple Slices • Tropical Trail Mix
Oreo Cookies • Peanut Butter Packets

## DESSERTS

Ice Cream : Vanilla / Chocolate / Strawberry
No Sugar Added Ice Cream : Vanilla / Chocolate
Sherbet : Raspberry / Orange
Italian Ice: Lemon / Orange
Pudding: Vanilla / Chocolate
Cookies : Chocolate Chip, Snickerdoodle, Oatmeal Raisin

CARILION CLINIC

# Pediatric Menu



# Daily Chef Specials

## Breakfast

### SUNDAY
Scrambled Eggs
Homestyle Breakfast Potatoes
Savory Turkey Sausage
Warm Buttermilk Biscuit

### MONDAY
Cheddar Cheese Omelet
Warm Buttermilk Biscuit

### TUESDAY
French Toast Sticks
Scrambled Eggs
Apple Slices

### WEDNESDAY
Scrambled Eggs
Pancakes
Banana

### THURSDAY
Cheddar Cheese Omelet
Chicken Sausage
Warm Buttermilk Biscuit
Banana

### FRIDAY
Scrambled Eggs
Pork Sausage Patty
Warm Buttermilk Biscuit

### SATURDAY
French Toast Sticks
Savory Turkey Sausage
Greek Yogurt
Banana

TASTY!

## Lunch

### SUNDAY
Chicken Nuggets, Creamy Yukon Gold Mashed Potatoes,
Seasoned Green Beans, Diced Peaches
Dessert: Vanilla Ice Cream / Soup: Tomato Bisque
Option 2: Savory Glazed Meatloaf

### MONDAY
Comfort-style Chicken & Dumplings
Baked Macaroni & Cheese
Capri Blend Vegetables, Diced Pears
Dessert: Snickerdoodle Cookie
Soup: Broccoli Cheese
Option 2: Flame-Broiled Hamburger on Bun

### TUESDAY
Baked Macaroni & Cheese, Seasoned Green Beans
Dinner Roll, Diced Pears
Dessert: SF Lemon Mousse / Soup: Italian Wedding
Option 2: Smoked Beef Brisket Sandwich

### WEDNESDAY
Turkey Burger on Bun, Lettuce & Tomato,
Creamy Yukon Gold Mashed Potatoes
Seasoned Green Beans, Mandarin Oranges
Dessert: Chocolate Chip Cookie
Soup: Chicken Noodle
Option 2: Golden Chicken Cordon Bleu

### THURSDAY
Pepperoni Pizza Half, Baked Macaroni & Cheese
Seasoned Green Beans, Diced Pears
Dessert: SF Chocolate Mousse / Soup: Tomato Bisque
Option 2: Sliced Smoked Beef Brisket

### FRIDAY
Hot Dog on Bun, Baked Potato, Pineapple Tidbits
Dessert: SF Cheesecake Cup / Soup: Veggie Chili
Option 2: Stuffed Broccoli & Cheese Chicken

### SATURDAY
Beef & Cheese Tacos (2), Steamed White Rice
Applesauce
Dessert: Oatmeal Raisin Cookie
Soup: Chicken Noodle
Option 2: Garden Vegetable Beef Stew

YUM!

## Dinner

### SUNDAY
Cheesy Lasagna Roll Up, Marinara Sauce,
Steamed Broccoli, Dinner Roll
Mandarin Oranges
Dessert: SF Chocolate Cheesecake
Soup: Tuscan White Bean and Kale
Option 2: Fish Sticks

### MONDAY
Cheese Pizza Half, French Fries
Steamed Carrot Coins, Pineapple Tidbits
Dessert: SF Raspberry Mousse / Soup: Tomato Bisque
Option 2: Tender Beef Pot Roast

### TUESDAY
Mini Corn Dog Nuggets, French Fries
Pineapple Tidbits
Dessert: Sugar Cookie / Soup: Minestrone
Option 2: Chicken Stir Fry

### WEDNESDAY
Chicken Tenders, Steamed Broccoli, Baked Potato
Dinner Roll
Dessert: Orange Sherbet / Soup: Potato Cheese
Option 2: Country Style Steak with Beef Gravy

### THURSDAY
Sliced Roasted Turkey Breast, Poultry Gravy,
Creamy Yukon Gold Mashed Potatoes,
Steamed Carrot Coins, Dinner Roll
Diced Peaches
Dessert: Vanilla Ice Cream / Soup: Garden Vegetable
Option 2: Spiral Baked Ham

### FRIDAY
Flame-Broiled Hamburger on Bun, Lettuce & tomato,
Seasoned Green Beans, Diced Pears
Dessert: Chocolate Chip Cookie
Soup: Broccoli Cheese
Option 2: Pulled Pork Sandwich

### SATURDAY
Fish Sticks, Homestyle Mashed Potatoes,
Seasoned Green Beans, Dinner Roll, Mandarin Oranges
Dessert: Chocolate Ice Cream / Soup: Potato Cheese
Option 2: Flame-Broiled Hamburger on Bun