

# Snacks and Sides



## SNACKS

**Nutrigrain Bar** (122 cal)  
**Carrot and Celery Sticks or Hummus**  
 with Ranch Dip (61 cal)  
**Yogurt**

Strawberry, Blueberry, Strawberry Banana  
 Regular (70-130 cal) and Light Flavors Available (50 cal)

### Smoothies

**Merry Berry** (110 cal): Blueberries, Blackberries,  
 Strawberries and Yogurt

## SIDES

**Mashed Potatoes** (73 cal)

**Tater Tots** (210 cal) | **Onion Rings** (311 cal)

**Crispy Baked Fries** (280 cal) | **Mac and Cheese** (156 cal)

**Steamed White Rice** (86 cal)

**Corn Kernels** (77 cal) | **Glazed Carrots** (43 cal)

**Green Peas** (67 cal) | **Rice** (37 cal)

**Steamed Broccoli** (9 cal) | **Steamed Green Beans** (24 cal)

**Cottage Cheese** (110 cal) | **Cucumber Slices** (14 cal)

### Soups

Tomato (69 cal), Chunky Chicken Noodle (58 cal)

**Garden Salad** (17 cal)

Crisp, Garden Fresh Greens with Cucumbers, Carrots  
 and Tomatoes

**Garlic Bread** (150 cal)

**Blueberry Muffins** (30 cal)

**Dinner Roll** (100 cal)

### Chips

Reduced Fat Doritos (132 cal), Pretzels (111 cal),  
 Sun Chips (210 cal) or Lays Chips (160 cal)

**Strawberries** (10 cal)

**Fruit Cup** (19 cal)

**Fruit-Fruit** Apples, Oranges, Bananas, Grapes

**Dole Cups** Pears, Peaches, Mandarin Oranges



### Food-Allergies Individuals

Be aware that we handle and prepare egg, milk, wheat,  
 shellfish, fish, soy, peanut, and tree nut products, and other  
 potential allergens in the food production areas of our facility.

**Please direct questions to the manager.**

# Beverages and Desserts

## BEVERAGES

**Milk:** 2% (61 cal), Whole (74 cal) or Skim (42 cal)

### Bottled Water

**Chocolate Milk** (150 cal)

**Lactaid Milk** (58 cal)

**Soy Milk:** Vanilla (129 cal) or Chocolate (140 cal)

**Rice Milk** (132 cal)

**Almond Milk:** Vanilla (80 cal) or Chocolate (120 cal)

**Iced Tea:** Regular (86 cal) or Diet (0 cal)

### Hot Tea

**Hot Chocolate:** Regular (81 cal) or Sugar-Free (25 cal)

**Coffee:** Regular (0 cal) or Decaf (0 cal)

**Assorted Soft Drinks** (100-150 cal)

**Lemonade** (110 cal) OR

**Orange Drink** (116 cal)

**Ginger Ale:** Regular (77 cal) or Diet (0 cal)

**Juice:** Apple (52 cal), Orange (56 cal), Grape (76 cal),  
 Cranberry (61 cal) or Prune (81 cal)

## DESSERTS

**Crispy Pound Cake Fries** (25 cal)

With Oreo Cookie I Dipping Sauce (105 cal)

### Sherbet

Lemon (100 cal), Orange (100 cal)  
 or Raspberry (120 cal)

### Ice Cream

Vanilla (80 cal), Chocolate (90 cal) or Strawberry (140 cal)

**Popsicle** (41 cal)

**Gelatin** (25 cal)

### Flavored Ice

Lemon (90 cal), Orange (90 cal)  
 or Raspberry (111 cal)

**Moist Chocolate Brownie**

With Chocolate Frosting

**Cinnamon Rolls** (30 cal)

**Assorted Danish** (33 cal)

### Pie

Apple (310 cal)

### Cookies

Chocolate Chip (250 cal), Lorna Doones (140 cal) or Oreo Cookies (200 cal)

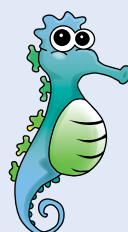
**Yellow Cupcake** (222 cal)

**Rice Krispy Treat** (151 cal)

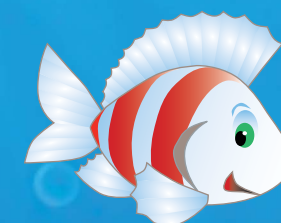
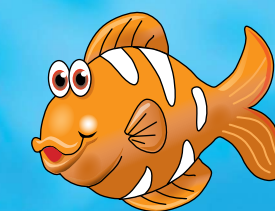
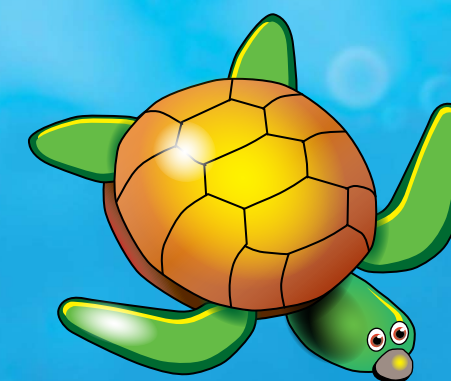
### Pudding

Vanilla (115 cal) or I Chocolate (106 cal)

**Strawberry Shortcake** (76 cal)



# Pediatric Menu



## UPMC Children's Hospital

**TO PLACE  
 YOUR ORDER:**

Please call Dining Office at  
**864-9700.**

**Hours of Service:**  
 7 a.m. - 8 p.m.  
 Your order will arrive within  
 45 minutes - 1 hour



# Beach Breakfast

# Deep Sea Lunch and Dinner

# Deep Sea Lunch and Dinner

## Entrées

**Pancakes stack em' up**  
Blueberry | Chocolate Chip

**Create your Own Sandwich**  
Bagel | English Muffin  
Bacon | Sausage | Cheese

**Buttermilk Biscuits and Sausage Gravy**

**French Toast**  
Available with Syrup | Strawberries | Whipped Cream

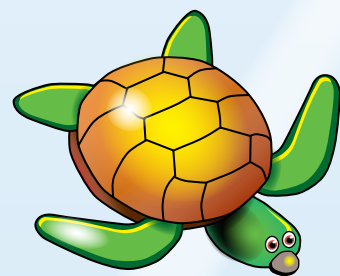
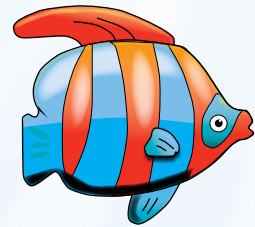
**Belgian Waffle**  
Blueberry or Strawberry Syrup

**Hot Cereals**  
Hot Oatmeal | Grits

**Cold Cereals**  
Cheerios® | Honey Nut Cheerios® | Fruity Cheerios®  
Total | Raisin Bran®  
Trix® | Cinnamon Toast Crunch® | Cocoa Puffs®  
Lucky Charms® | Frosted Cornflakes®

## Classics

Creamy Scrambled eggs | Cheese Omelet  
Ham and Cheese Omelet  
Turkey Sausage | Bacon | Sausage | Turkey Bacon  
Hashbrown Patty | Tater Tots  
English Muffin | Toast | Biscuit | Bagel  
Assorted Yogurts



## Entrées

**Quesadilla**  
Turkey Filling | Cheese | Chicken  
Dips: Sour Cream | Salsa

**Build Your Own Pizza**  
Cheese | Pepperoni | Onion | Peppers

**Chicken Fingers**  
A Favorite

**Popcorn Chicken**

**Taco Bowl**  
Turkey Filling | Grilled Chicken  
Lettuce | Tomato | Cheddar

**General Tso's Chicken**  
Served over Rice | Broccoli

**Mac and Cheese**  
Classic Comfort

**Crunchy Baked Fish Fillet**  
Butter Crumb Breaded Cod

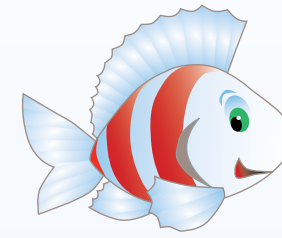
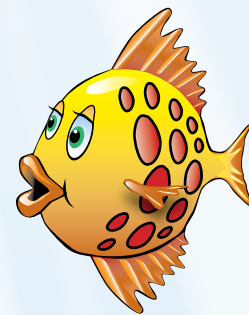
## You're the Chef

**Create your Own Dish**

**Pick a Pasta**  
Whole Grain Penne | Spaghetti

**Sauces**  
Classic Tomato | Meat | Alfredo

**Add a Roll**



## Handhelds

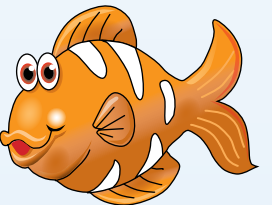
**Stomping Burgers**  
Beef | Black Bean

**Cheesesteak**  
Beef | Pepper | Onion | Provolone

**Grilled Chicken Sandwich**  
Don't forget lettuce and tomato

**Grilled Cheese Sticks**  
Goes great with a bowl of tomato soup

**Build Your Own Deli Sandwich**  
Ham | Turkey | Roast Beef  
White | Wheat  
The old classic PB & J  
Grape | Strawberry



## Salads

**Garden Salad**  
Fresh Greens with cucumber and tomatoes

**Taco Salad**  
Shredded iceberg | Cheddar Cheese | Diced Tomatoes  
Choice of filling Grilled Chicken | Turkey

**Classic Caesar Salad**  
Add Chicken

**Crispy Baked Chicken Tender Salad**  
Crisp romaine, diced tomato, corn, cheddar cheese, croutons

**All salads served with  
your choice dressing**  
Ranch | Italian | Bleu Cheese | 1000 Isle