

## Desserts

Chocolate Peanut Butter Pie *47g* | Lemon Ice Box Pie *70g*  
 Strawberry Cheesecake *28g*  
 Graham Crackers *11g* | Applesauce with Cinnamon *13g GF*

**Cookies:** Chocolate Chip *17g* | Sugar *18g* | Oreo Cookies *19g*  
 Crinkle Brownie Cookie *24g*

**Jell-O all GF:**  
 Regular *18g* | Sugar-Free *0g*

**Pudding all GF:**  
 Vanilla *30g* | Sugar-Free *18g* | Chocolate *23g* | Sugar-free *17g*

**Frozen Treats all GF:**

**Ice Cream:**  
 Vanilla *16g* | Chocolate *19g* | Strawberry *18g*  
 Sugar-Free: Vanilla *14g* | Chocolate *18g* | Strawberry *20g*

**Italian Ice** *37g*

**Sherbet** *22g*

**Popsicle** *9g* | Popsicle Sugar-Free *3g*



## Beverages

**Tea all GF** *0g*: Iced | Hot | Decaf | Regular | Sugar-free Lemonade

**Hot Cocoa:** Regular *12g* | Sugar-Free *4g*

**Juice all GF:** Apple *13g* | Cranberry *15g* | Grape *17g* | Orange *13g* | Prune *20g*

**Milk:** Whole *12g GF* | Skim *12g GF* | 2% *12g GF* | Chocolate *30g GF*

Vanilla Soy *18g* | Chocolate Soy *25g* | Lactaid *11g*



## Liquid Diets

**Juice all GF:**  
 Apple *13g* | Cranberry *15g* | Grape *17g*

**Broths:**  
 Beef *1g* | Chicken *1g* | Vegetable *4g*

**Hot Beverages all GF:**  
 Fresh Brewed Tea *0g* | Decaffeinated Tea *0g*

**Cold Beverages all GF:**  
 Iced Tea *0g* | Ginger Ale *21g*  
 Diet Ginger Ale | Diet Lemonade

**Italian Ice** *37g*

**Popsicles:** Regular *9g* | Sugar-Free *3g*

**Sherbet** *22g*

**Vanilla Yogurt**

**Jell-O all GF:**  
 Regular *18g* | Sugar-Free *1g*

**Ice Cream:**  
 Vanilla *18g* | Chocolate *18g* | Strawberry *18g GF*

**Sugar-Free Ice Cream:**  
 Vanilla *14g* | Chocolate *18g GF* | Strawberry *20g*

## Infant Baby Food

Oatmeal  
 Rice Cereal  
 Beef and Gravy  
 Chicken and Gravy  
 Turkey and Gravy  
 Sweet Potatoes  
 Carrots  
 Peas  
 Squash  
 Green Beans  
 Peaches  
 Banana  
 Pears  
 Applesauce



### Ordering Instructions

After deciding what you and your child would like to eat, you can place an order between 7 a.m. and 6:30 p.m.

**To order, please call: 57054.**

Outside hospital, please call: 704-355-7054

**Some foods may not be appropriate based on your diet prescription. We will be happy to assist you in making your meal choices.**

Food artwork has been completed by Levine Children's patients.



# Pediatric Menu

with Carbohydrate Grams



**Atrium Health**  
**Levine Children's**

Breakfast available until 10:30 am

## Breakfast Entrées

- Scrambled Eggs **GF**
- Pancakes Plain or Blueberry *17g*
- French Toast *26g*
- French Toast Sticks *22g*
- Omelet Plain or with Cheese **GF**



## Breakfast Sides

- Turkey Sausage **GF**
- Pork Sausage *1g GF*
- Breakfast Potatoes *22g*
- Cheese Grits *23g*
- Grits *22g*
- Turkey Bacon **GF**
- Pork Bacon **GF**

## Bakery

- Biscuit *25g*
- Bagel *37g*
- English Muffin *25g*
- Blueberry Muffin *25g*

## Yogurt

- Light Vanilla *18g*
- Strawberry *25g*
- Blueberry Greek Yogurt *16g*
- Greek Vanilla *19g*
- Strawberry Banana *32g*
- Fruit, Granola and Yogurt Parfait *23g*

## Hot Cereal

- Oatmeal *19g* with Brown Sugar *13g* and Raisins *7g*
- Apple Cinnamon Cream of Wheat *27g*
- Grits *22g*



## Cereal

- Total *18g*
- Rice Chex *17g GF*
- Rice Krispies *15g*
- Cheerios *14g*
- Frosted Flakes *24g GF*
- Cornflakes *15g*

## Snacks

- Baked Potato Chips *24g*
- Baked Pita Chips *18g*
- White Cheddar Popcorn *14g*
- Cool Ranch Doritos *31g*
- Cheddar Cheese and Peanut Butter Crackers *23g*
- Hummus *4g*
- Carrot and Celery Sticks *3g*
- Oreo Cookies *19g*
- String Cheese *1g*



## Fruit all GF

- Fresh Fruit Cup *15.7g*
- Grapes *14g*
- Apple *18g*
- Fresh Pineapple *11g*
- Diced Peaches *15g*
- Banana *27g*
- Tropical Fruit *17g*
- Mixed Melon *8g*
- Diced Pears *17g*
- Orange *15g*
- Mandarin Oranges *11.4g*
- Fruit Cocktail *14g*
- Apple Slices *8g*
- Applesauce *13g*

Lunch and Dinner Entrées available after 10:30 am

## Lunch and Dinner Entrées

- Pot Roast **GF**
- 2 Slices Cheese *53g* or Pepperoni Pizza *53g*
- Cheese Ravioli with Marinara *47g*
- Penne Pasta *41g* with choice of Tomato *9g* or Turkey Meat Sauce *6g*
- Crispy Fish Stick *22g*
- Rotisserie Chicken *1g*



## Grill

- \*Grilled Hamburger *0g*
- \*Turkey Burger *2g*
- Baked Chicken Tenders *16g*
- Beef Tacos *11g*
- \*Vegan Burger *6g*
- \*white hamburger bun *39g*
- Grilled Cheeseburger *1g*
- Grilled Cheese Sandwich
- Cheese Quesadilla *23g*
- \*Grilled Chicken Breast *2g*
- Chicken Quesadilla *23g*

## Entrée Salads

- Chef Salad *4g GF*
- Greek Salad *7g*
- Fruit Plate with Cottage Cheese *24g* or Yogurt *48g GF*
- Dressings all **GF**: Light Ranch *14g* | Ranch *3g* | 1000 Island *7g*
- Balsamic Vinaigrette *5g* | Light Italian *4g* | Golden Italian *3g* | Caesar *3g*
- Chicken Caesar Salad *15g*

## Create Your Own Sandwich

Choose Your Bread per 2 slices

- Wheat *21g*
- Udi's Gluten Free Bread *38g GF*

Choose Your Protein

- 1/3 cup Chicken Salad *1g*
- 1/3 cup Tuna Salad *2g*
- Ham *1g*

Choose Your Cheese

- American *1g*
- Swiss *0g*

Choose Your Toppings

- Lettuce *0g*
- Pickles *1g*



- White *30g*
- Flour Tortilla *22g*

- 1/3 cup Egg Salad *3g*
- Turkey *0g*
- Peanut Butter *5g*

- Cheddar *1g*

- Tomato
- Red Onion *1g*

## Veggies and Sides

- Mashed Potatoes *19g GF*
- Roasted Potatoes *18g GF*
- Steamed Broccoli *4g GF*
- White *23g* and Brown Rice *33g GF*
- Sautéed Zucchini *2g GF*
- Dinner Roll *15g*
- Tater Tots *16.6g*
- Mac and Cheese *14g*
- Side Salad *4g GF*
- Roasted Carrots *8g GF*
- Green Beans *6g GF*
- Black Beans *18g*

## Chef Specials

### BREAKFAST

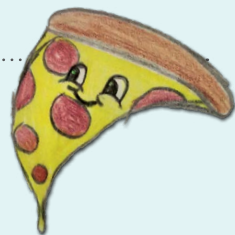
- Sunday Turkey Sausage & Cheese Casserole** *12.5g* served with bacon *0.2g*, vanilla yogurt *15.6g*, mandarin oranges *22g* and blueberry muffin *31.9g*
- Monday Blueberry Pancakes** *35.1g* served with turkey sausage patty *0g*, vanilla yogurt *15.6g*, and a banana *27g*
- Tuesday Scrambled Eggs** *2.2g* served with sausage link *1g*, fresh fruit cup *15.7g* and a biscuit with gravy *31.6g*
- Wednesday French Toast Sticks** *28.8g* bacon *0.2g* and mandarin oranges *11.4g*
- Thursday Cheesy Scrambled Eggs** *1.4g* served with turkey sausage patty *0g*, vanilla yogurt *15.6g*, mixed melon *7.8g*, and apple cinnamon muffin *28.4g*
- Friday Egg & Cheese Scramble Bowl** *24.6g* served with bacon *0.2g*, and mandarin oranges *11.4g*
- Saturday Cheese Omelet** *2.5g* served with turkey sausage patty *0g*, buttered grits *14.9g*, strawberry yogurt *15.3g*, and diced peach & pear cup *15.6g*

### LUNCH

- Sunday Chicken Pot Pie** *12.5g* served with steamed broccoli *6.9g*, strawberries *2.9g*, whole wheat dinner roll *21.7g*, and a cookies & cream mousse *14.2g*
- Monday Barbecue Pork Roast** *18.6g* served with macaroni and cheese *14.6g*, corn *17.5g*, melon & grape fresh fruit cup *6.9g*, whole wheat dinner roll *21.7g*, and a banana parfait *19.2g*
- Tuesday Chicken Tinga Bowl** *44.6g* served with mixed melon *7.8g*, whole wheat dinner roll *21.7g*, and crinkle brownie cookies *23.7g*
- Wednesday Salisbury Steak with Demi-Glace** *10.9g* with mashed potatoes *18.4g*, roasted carrots *8.7g*, melon & grape fresh fruit cup *15.7g*, and cinnamon apples *15.7g*
- Thursday Tomato Soup** *12.9g* served with grilled cheese *21.8g*, green beans *5.7g*, banana *27g*, whole wheat dinner roll *21.7g*, and cheesecake trifle with fresh berries *17.8g*
- Friday Barbecue Chicken Quarter** *5.1g* served with macaroni and cheese *14.6g*, seasoned green beans *5.9g*, diced peaches, whole wheat dinner roll *21.7g*, and a lemon ice box pie *69.9g*
- Saturday Pepperoni Pizza** *53.1g* served with steamed broccoli *4.6g*, melon & grape fresh fruit cup *31.4g*, whole wheat dinner roll *21.7g*, and a chocolate chip cookie *25.3g*

### DINNER

- Sunday Lasagna Roll Up with Meat Sauce** *34.9g* served with sautéed zucchini *2.4g*, whole wheat dinner roll *21.7g*, and a strawberry shortcake parfait *27.3g*
- Monday Chicken Breast Marsala** *3.3g* served with mashed potatoes *18.4g*, steamed broccoli & cauliflower *4.8g*, whole wheat dinner roll *21.7g*, and brownies *30.7g*
- Tuesday Meatloaf with Demi-Glace** *6.5g* served with garlic mashed potatoes *19.1g*, whole wheat dinner roll *21.7g*, and strawberry cheesecake *27.5g*
- Wednesday Pesto Grilled Chicken** *0.1g* with whole wheat penne pasta *15.2g*, with alfredo sauce *4.4g*, steamed broccoli *4.6g*, fruit cup *15.7g*, whole wheat dinner roll *21.7g*, and double chocolate trifle *17.8g*
- Thursday Chicken Tenders** *16g* served with macaroni and cheese *14.6g*, sautéed zucchini *2.4g*, fruit cocktail *14.1g*, and chocolate peanut butter pie *47.2g*
- Friday Cheeseburger** *25.1g* topped with tater tots *16.6g*, steamed broccoli *6.9g*, fresh fruit cup *15.7g*, and angel food cake with strawberries *21.4g*
- Saturday Chicken Fried Rice** *19.5g* served with vegetable spring roll with thai chili sauce *31.2g*, mixed melon *7.8g* and orange creamsicle gelatin *18.6g*



**GF = Gluten Free** *0g* = Grams of carbohydrate