

Beverages

- Coffee:**
Regular | Decaf
- Tea:**
Iced | Hot | Decaf | Regular
- Hot Chocolate:**
Regular (12g) | Sugar-Free (4g)
- Juice:**
Apple (13g) | Cranberry (15g) | Grape (17g) | Orange (13g) | Prune (20g)
V-8 Juice: Regular (6g) | Low-Sodium (6g)
- Milk:**
Whole (12g) | Skim (12g) | 2% (12g) | Chocolate (30g) | Soy (18g)

Snacks

- Assorted Yogurts:**
Strawberry (25g) | Raspberry (27g) | French Vanilla (32g)
Light Vanilla (18g) | Saltine Crackers (4g)
Cheddar Cheese with Peanut Crackers (23g)
Baked Potato Chips (24g)
Pretzels (23g) | Hummus (2g)
Carrot & Celery Sticks with Peanut Butter (8g)
Graham Crackers (11g) | String Cheese
Cool Ranch Doritos (31g) | Oreo Cookies (19g)

Clear Liquid

- Juice:**
Apple (13g) | Cranberry (15g) | Grape (17g)
- Hot Beverages:**
Fresh Brewed Tea | Decaffeinated Tea
- Cold Beverages:**
Iced Tea
- Broths:**
Beef | Chicken | Vegetable
- Italian Ice** (20g)
- Popsicles:** Regular (10g) | Sugar-Free (3g)
- Gelatin:** Regular (18g) | Sugar-Free

Condiments

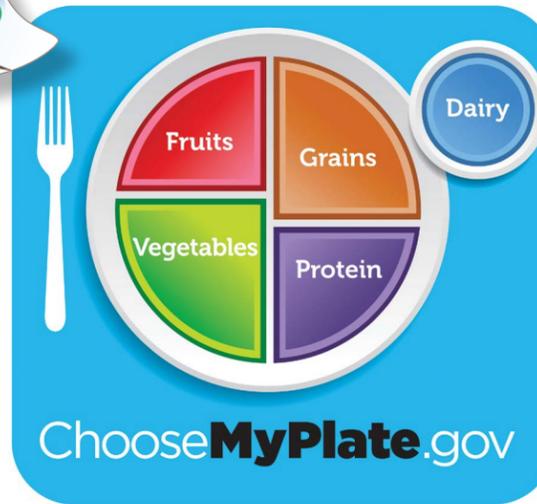
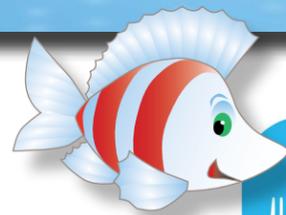
- Mustard | Ketchup (3g)
- Mayonnaise: Lite (1g) | Regular
- Parmesan Cheese Packets (1g)
- Saltine Crackers: Regular (4g) | Unsalted (4g)
- Salt | Pepper | Herb Seasoning

Some foods may not be appropriate based on your diet prescription.

We will be happy to assist you in making your meal choices.

Grams of Carbohydrates Per Serving = (g)

Daily Food

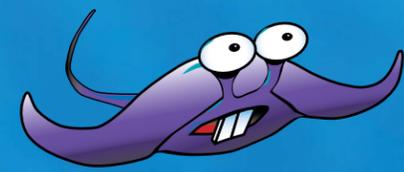
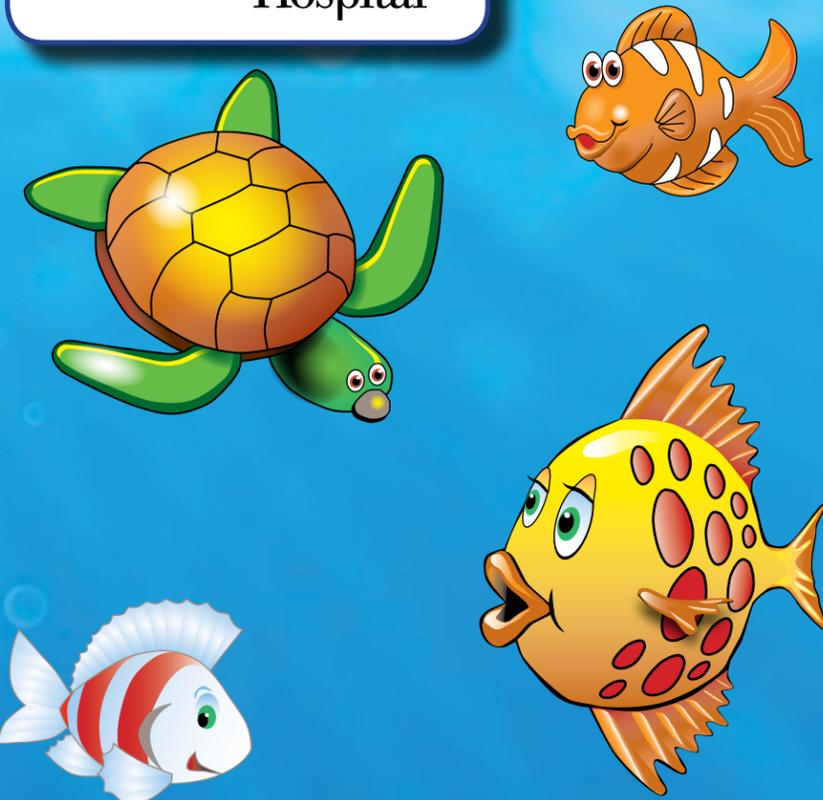


Food Group Word Puzzle

C	F	B	M	O	M	X	V	K
O	S	J	M	C	H	V	H	E
P	N	O	R	E	B	I	F	M
O	A	O	Q	S	A	U	Q	C
V	E	G	G	I	E	T	U	B
F	B	G	R	A	I	N	S	K
X	R	Y	X	N	U	A	F	Y
W	Q	U	T	T	D	I	R	C
Z	P	B	I	T	O	I	L	S
J	D	F	G	T	A	B	X	O
F	J	A	S	D	S	R	W	X

- GRAINS
- OILS
- FRUITS
- FIBER
- DAIRY
- MEATS
- BEANS
- VEGGIE

Foods that may be a choking hazard for Toddlers age 1-3 years include corn, whole grapes, hot dogs, meat, nuts, raw fruits and vegetables, and peanut butter. These foods could block a toddler's airway if not chewed properly. Please be aware that these foods may be modified by cooking to soften or chopped into smaller pieces for your child.



PLEASE CALL
713-704-6368
ext. 46368
Between
6:30AM - 7:00PM

Beach Breakfast

Cereals and Yogurts

Fruit, Granola & Yogurt Parfait (31g)

Yogurts:

Strawberry (25g) | Raspberry (27g) | French Vanilla (32g)
Light Vanilla (18g)

Hot Cereal:

Oatmeal (19g) with Brown Sugar (14g) & Raisins (7g)
Apple Cinnamon Cream of Wheat (27g) | Grits (21g)

Cold Cereal: Total (16g) | Whole Grain Cheerios (23g)

Honey Nut Cheerios (28g) | Cornflakes (17g)
Frosted Flakes (24g) | Rice Krispies (15g)



Breakfast Entrees

Scrambled Eggs | Whole (2g) | Low Cholesterol (2g)
Egg White (1g) | Hard Boiled Egg (1g)
Waffles (27g) | French Toast with Cinnamon (21g)
Pancakes Plain (33g) or Blueberry (35g)

Build Your Own Breakfast

Create Your Own Omelet, Taco, or Breakfast Sandwich

Your Choice of:

Tortilla: Flour (22g) | Corn (13g)

Biscuit (24g) | English Muffin (25g)

Eggs Your Way:

Whole | Low Cholesterol (1g) | Egg White (1g)

Vegetables:

Broccoli (1g) | Spinach | Mushroom | Tomato (1g)
Green Pepper (1g) | Green Onion (1g)

Toppings:

Cheese: American (1g) | Cheddar | Swiss
Sautéed Breakfast Potatoes (22g) | Salsa

Breakfast Meat: Bacon | Sausage (1g) | Breakfast Chop (1g)

Breakfast Sides

Turkey Sausage | Pork Sausage (1g) | Turkey Bacon | Pork Bacon
Breakfast Cup (1g) | Sautéed Breakfast Potatoes (22g)

Bakery

Bagel (37g) | Biscuit (24g) | English Muffin (25g)
House Made Blueberry Muffin (32g)

Bread: White (15g) | Wheat (11g)

Tortilla: Flour (22g) | Corn (13g)

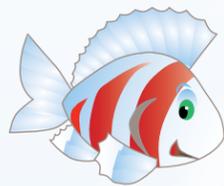


Ocean Grill

Soups

Chicken & Rice Soup (8g) | Vegetable Soup (6g)
Tomato Soup (13g) | Chicken Noodle Soup (7g)

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



Lite Fare

Chicken Caesar Salad (12g) | Chef Salad (4g)
Vegetarian Chef Salad (16g) | Greek Salad (7g)
Greek Salad with Chicken (7g)
Fresh Fruit Plate with Cottage Cheese (36g)

Salad Dressing: Ranch (3g) | Caesar (3g) | Italian (3g) | Lite Ranch (14g)
Low Sodium Ranch (1g) | Balsamic Vinaigrette (5g)

Grill

Hamburger (0g)
Garden Burger (15g) | Turkey Burger (5g)
Grilled Chicken Sandwich (2g)
Wheat Bun (34g) | White Bun (39g)
Grilled Cheese Sandwich (33g) | Chicken Tenders (12g)

Build Your Own Pizza (39g):

Toppings: Pepperoni | Onion (2g)
Pepper | Mushroom | Tomato (1g)



Build Your Own Sandwich

Bread:

Whole Wheat (21g) | White (28g) | Sandwich Thin (21g)

Protein:

Chicken Salad (2g) | Egg Salad (5g) | Tuna Salad (2g) | Roast Beef | Ham (1g)
Turkey | Peanut Butter (4g) | Hummus (2g)

Toppings:

American Cheese (1g) | Cheddar Cheese (1g) | Provolone (1g) | Low Sodium Swiss
Lettuce | Tomato (1g) | Red Onion (1g) | Pickles (1g)
Jelly: Regular (10g) | Sugar-Free (3g)

Fruit

Fruit Cup (9g) | Pineapple (11g) | Applesauce (13g)
Mandarin Oranges (20g) | Red Grapes (14g)
Peaches (15g) | Pears (17g) | Fruit Cocktail (14g)

Whole Fruit:

Apple (18g) | Banana (27g) | Orange (15g)



Deep Sea Entrees

Entrees

Grilled Chicken Parmesan (4g) | Meatloaf (3g)
Beef Pot Roast (2g) | Honey Lime Chicken (11g)
Garlic Herb Pork Loin (1g) | Roast Turkey Breast (4g) | Fish Sticks (33g)

Build Your Own Pasta Bowl

Your Choice of Penne:

Wheat (42g) | White (41g)

Your Choice of Sauce:

Turkey Meat Sauce (6g) | Tomato Sauce (10g)

Your Choice of Vegetable:

Broccoli (2g) | Spinach | Mushroom (1g)
Pepper (1g) | Onion (4g)



Tex-Mex Favorites

Served with Grilled Peppers & Onions (4g)

Grilled Quesadilla or Fajitas:

Your Choice of Filling:

Chicken (1g) | Vegetable (3g)

Your Choice of Tortilla:

Flour (22g) | Corn (13g)

Sides

Mashed Potatoes (18g) | Mashed Sweet Potatoes (27g)
Roasted Potatoes (18g) | Tatar Tots (20g)
Brown Rice (24g) | Cilantro - Lime Rice (24g)
Macaroni & Cheese (14g) | Steamed Broccoli (4g)
Seasoned Green Beans (6g) | Steamed Carrots (8g)
Whole Kernel Corn (18g) | Sautéed Zucchini (2g)
Side Salad (4g) | Dinner Roll (15g)



Desserts

Brownie (31g) | Angel Food Cake (28g)
Strawberry Shortcake Parfait (27g) | Banana Pudding Parfait (18g)
Applesauce with Cinnamon (13g)
Cookies: Chocolate Chip (23g) | Sugar (21g) | Vanilla Wafers (14g)

Gelatin

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

Pudding

Regular: Vanilla (28g) | Chocolate (23g)
Sugar-Free: Vanilla (18g) | Chocolate (17g)

Frozen Treats

Ice Cream: Regular or Sugar-Free
Vanilla (16g) | Chocolate (19g) | Strawberry (19g)
Italian Ice (20g) | Popsicle (9g)