



To place your order,
call ext. 2-3663.



Pediatric Dining Guide

Welcome to Rush! Customize your dining. Good nutrition plays an important role in recovery. Our meals are prepared fresh daily and customized to meet your personal preferences and food allergy needs. We look forward to serving you.



Please place your orders before:

7 p.m. the night before for Breakfast
9 a.m. for Lunch
3 p.m. for Dinner

Tray production stops between
9:30 - 10:30 a.m. and 3:00 - 4:00 p.m.
for deep cleaning and to prepare
fresh food for the next meal.

Please alert our staff of any food allergies and food preferences your child may have. Meal trays for guests and breast-feeding mothers are available for \$10 per meal. (credit card only)

Please select only one entrée and up to three sides per meal.



(#) = Grams of Carbohydrate ♥ = Heart Healthy 🌿 = Vegetarian V = Vegan

Daily

Cereal ♥V

Oatmeal (13)	Corn Flakes (18)
Grits (20)	Rice Krispies® (16)
Cheerios® (14)	Raisin Bran® (27)

Fruit ♥V

Applesauce (12)	Apple (20)
Diced Peaches (14)	Watermelon (8)
Diced Pears (21)	Fresh Fruit Cup (10-25)
Oranges (10-22)	Banana (29)

Beverages

Milk: Whole (11), 2% (11), Skim (11) ♥, Chocolate (30), Soy (19), Lactaid (11)

Juices ♥V : Orange (11), Prune (20), Apple (13), Cranberry (16), Grape (17)

Lemonade (12) ♥V, Diet Lemonade (1) ♥V
Fruit Punch (15) ♥V, Diet Fruit Punch (1) ♥V

Hot Chocolate (25) ♥, Diet Hot chocolate (12) ♥

Proteins

Breakfast Sandwich (32)
Hard Cooked Egg (0) ♥
Scrambled Eggs (0) ♥
Chicken Sausage (0) ♥
Pork Sausage (0)
Bacon (0)

Dairy ♥🌿

Cottage Cheese (4)
String Cheese (1)
Yogurt:
Vanilla (23)
Blueberry (14)
Strawberry (14)

Bakery ♥🌿

French Toast (35)
Blueberry Muffin (29)
Mini Bagel (15)
White Toast (15) V
Wheat Toast (15) V
White Bread (15) V
Wheat Bread (15) V
Dinner Roll (18) V
Saltine Crackers (4) V
Graham Crackers (11) V

Breakfast Entrées

Monday	French Toast (35) ♥🌿 Cinnamon Roll (26) 🌿 Mini Breakfast Burrito (24) ♥🌿
Tuesday	Pancakes (27) ♥🌿 Denver Scrambler (1)
Wednesday	Yogurt Parfait (27) ♥🌿 Breakfast Sandwich (28)
Thursday	Cheesy Grits (21) ♥🌿 French Toast Bake (33) ♥🌿
Friday	Biscuit and Gravy (26)
Saturday	Scrambled Eggs (0) ♥

Daily

Home Fried Potatoes (21)
Pancakes (25)
Blueberry Sauce (11) ♥
Strawberry Sauce (7) ♥
Whipped Topping (2) ♥
Syrup (29)/ SF Syrup (4) ♥

Our recipes are prepared using low-sodium ingredients and low-fat cooking methods. Some items may be altered to ensure your meals are consistent with the diet your doctor has ordered for you.



Please ask our call center about the daily specials.

Daily Entrées

Grilled Cheese (46) ♥
 Cheese Quesadilla (26) ♥
 Turkey Sandwich (23) ♥
 Macaroni and Cheese (41) ♥
 Grilled Chicken Caesar Salad (8) ♥
 Baked Chicken (1) ♥
 Pasta Marinara (62) ♥
 Chicken Tenders (24)
 Whitefish with Choice of Sauce:
 Lemon Butter (1), Teriyaki (13) ♥
 Hamburger (17) ♥
 Cheese Burger (18)
 Vegetable Burger (41) ♥
 Cheese Pizza (27) ♥

Soup

Chicken Noodle (6) ♥
 Cream of Tomato (11) ♥
Broth (1): Chicken, Beef, Vegetable

Vegetables v

Corn (22) ♥	Dressing: Ranch (8) ♥,
Carrots (8) ♥	Italian (2) ♥, French (8),
Broccoli (6) ♥	Balsamic (1) ♥, Caesar (3) ♥,
Green Beans (5) ♥	Red Wine Vinaigrette (4) ♥,
Side Salad (2) ♥	Honey Mustard (19) ♥

Starches ♥

Fluffy Rice (17) ♥	Mashed Potatoes (15) ♥
Beef Gravy (4) ♥	Buttered Noodles (38) ♥
Baked Chips (26) ♥	Chicken Gravy (5) ♥
Goldfish (27) ♥	Macaroni and Cheese (16) ♥

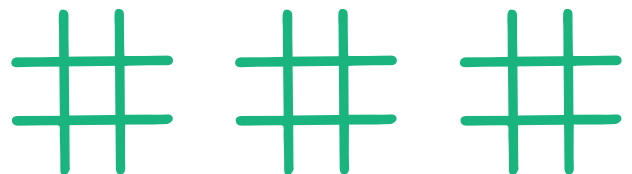
Monday Mashed Sweet Potatoes (28) ♥
Tuesday Mashed Potatoes (15)
Wednesday Roasted Red Potatoes (24) ♥
Thursday Buttered Noodles (38) ♥
Friday Roasted Red Potatoes (24) ♥
Saturday Fluffy Rice (17)
Sunday Baked Chips (26)

Featured Lunch Entrées

Monday Meatloaf w/Mushroom Gravy (15)
Tuesday Chicken Tetrazzini (43)
Wednesday Chicken Pot Pie with Biscuit (35)
 or Rice (20) ♥
Thursday RUSH Hamburger (17)
Saturday: Pot Roast (3)
Sunday: Cheese Ravioli (32) ♥

Featured Dinner Entrées

Monday BBQ Chicken Sandwich (32) ♥
Tuesday Baked Ziti (57) ♥
Wednesday Italian Beef Sandwich (26) ♥
Thursday Roast Turkey with Gravy (6)
Friday Swedish Meatballs (9)
Sunday Mini Meatball Slider (32)



Dessert ♥

Strawberry Layer Cake (14) ♥
 Chocolate Chip Cookie (26)
 Vanilla Frozen Yogurt (29) ♥
 Gelatin (18), Sugar Free Gelatin (0) ♥
 Brownie (53)
 Pound Cake (34)
 Pudding (26) ♥
 Ice Cream (31)
 Italian Ice (18) ♥
Thursday Sugar Cookie (19) ♥



How many?

