

Central Washington Hospital Children's Menu



Breakfast – 7:00 a.m. – 7:00 p.m.

(Grams of Carbohydrates listed in parenthesis)

Cereal

Oatmeal (30g)
 Cream of Wheat® (30g)
 Cheerios® (15g)
 Froot Loops® (24g)
 Cream of Rice (36g)

Main

Scrambled Eggs
 Hard Boiled Egg
 French Toast (17g)
 Hash Browns (20g)
 Bacon or Sausage
 Toast: White (15g) or
 Wheat (20g)
 Mini Muffin (15g)
 Pancakes - 2 (30g)

Sides

Fresh Fruit (15g)
 Mandarin Oranges (15g)
 Vanilla or Fruited Yogurt (16g)
 Banana (30g)
 Peaches or Pears (15g)
 Applesauce (15g)
 Syrup (10g)

Beverages: Apple juice (15g), Orange juice (15g), Grape juice (20g), Gatorade® (21g), Crystal Light® Lemonade, 2% milk (12g), Chocolate milk (25g), or Hot Chocolate (15g)

Condiments: Ketchup (5g), salt, pepper, butter, Smart Balance® margarine, jelly (10g), peanut butter (3g), brown sugar (13g), raisins (8g), honey (17g), ranch dressing (2g), salsa (2g), mustard

Lunch/Dinner – 11:00 a.m. – 7:00 p.m.

Sandwiches

Peanut butter/Jelly (50g)
 Turkey (30g)
 Grilled Cheese (30g)
 Hamburger (38g)
 Grilled Chicken Burger (40g)
 Garden Burger (45g)
 Cheese Quesadilla (40g)

Soups

Chicken Noodle (22g)
 Tomato (20g)
 Cream of Potato (30g)
 Cream of Chicken (20g)
 Chili (35g)

Entrée

Macaroni and Cheese (23g)
 Spaghetti w/Meatballs (35g)
 Pizza-cheese/pepperoni (58g)
 Chicken Nuggets 4 (15g)
 Hard Shell Taco (15g)
 Hot Dog (45g)

Vegetables

Mashed potatoes/gravy (25g)
 Green Beans
 Peas (15g)
 Corn (20g)
 Baby carrots (5g)
 Tater Tots (30g)
 Side salad/ranch (2g)
 Fresh Veggie plate/ranch (2g)

Snacks/Sides

Apple slices (15g)
 Graham crackers (10g)
 Cereal Bar (20g)
 Cheese/crackers (15g)
 Potato chips (15g)
 Gold Fish® crackers (20g)
 Custard (17g)
 Cottage Cheese
 Meat/Cheese Plate (4g)

Desserts

Milkshake (choc., van., str.) (60g)
 Choc chip (48g), oatmeal (46g) or
 Sugar cookie (46g)
 Ice Cream (choc., van., str.) (20g)
 Pudding: choc. (30g), van. (25g),
 tapioca (25g) or butterscotch (25g)
 Carrot (35g) or layered cake (30g)
 Gelatin (20g)

To place your order, dial 33300

Central Washington Hospital

Menú para niños



Desayuno – 7:00 a.m. – 7:00 p.m.

(Los gramos de carbohidratos se incluyen entre paréntesis)

Cereales

Avena (30g)
 Cream of Wheat® (30g)
 Cheerios® (15g)
 Froot Loops® (24g)
 Cream of Rice (36g)

Plato principal

Huevos revueltos
 Huevo duro
 Tostada francesa (17g)
 Papas "Hash Browns" (20g)
 Tocineta o salchicha
 Tostadas: de pan blanco (15g) o integral (20g)
 Mini Muffin (15g)
 2 panqueques - 2 (30g)

Guarniciones

Fruta fresca (15g)
 Mandarinas (15g)
 Yogur de vainilla o frutado (16g)
 Banana (30g)
 Duraznos o peras (15g)
 Puré de manzana (15g)
 Almíbar (10g)

Bebidas: jugo de manzana (15g), jugo de naranja (15g), jugo de uva (20g), Gatorade® (21g), limonada Crystal Light®, leche al 2% (12g), leche chocolatada (25g), o chocolate caliente (15g)

Condimentos: ketchup (5g), sal, pimienta, mantequilla, margarina Smart Balance®, jalea (10g), mantequilla de maní (cacahuete) (3g), azúcar morena (13g), pasas (8g), miel (17g), aderezo "ranch" (2g), salsa (2g), mostaza

Almuerzo/Cena – 11:00 a.m. – 7:00 p.m.

Sándwiches

Mantequilla de maní y jalea (50g)
 Pavo (30g)
 Queso a la parrilla (30g)
 Hamburguesa (38g)
 Hamburguesa de pollo a la parrilla (40g)
 Hamburguesa vegetariana (45g)
 Quesadilla queso (40g)

Sopas

Pollo y fideos (22g)
 Tomate (20g)
 Crema de papas (30g)
 Crema de pollo (20g)
 Chili (35g)

Plato principal

Macarrones con queso (23g)
 Espaguetis con albóndigas (35g)
 Pizza con queso y pepperoni (58g)
 Nuggets de pollo 4 (15g)
 Tacos dorados (15g)
 Perros calientes (45g)

Vegetales

Puré de papas/salsa de carne (25g)
 Frijoles verdes
 Chícharos (15g)
 Maíz (20g)
 Zanahorias pequeñas (5g)
 Papitas "Tater Tots" (30g)
 Ensalada de acompañamiento/ aderezo "ranch" (2g)
 Bandeja de vegetales frescos/ aderezo "ranch" (2g)

Bocadillos/Acompañamientos

Rebanadas de manzana (15g)
 Galletas Graham (10g)
 Barras de granola (20g)
 Queso y galletas saladas (15g)
 Papitas "Chips" (15g)
 Galletas Gold Fish® (20g)
 Crema (17g)
 Quesos
 Bandeja de carne y quesos (4g)

Postres

Batida de leche (choc., vain., fresa) (60g)
 Galletas con chispas de chocolate (48g), de avena (46g) o de azúcar (46g)
 Helado (choc., vain., fresa) (20g)
 Pudines: choc. (30g), vain. (25g), tapioca (25g) o caramelo (25g)
 Pastel de zanahoria (35g) o en capas (30g)
 Gelatina (20g)

Para hacer su pedido, marque 33300