



Room Service Menu for Patients and Parents



After deciding what you and your child would like to eat, call 55324 from a hospital phone (or 404-785-5324) to place an order. If there is no answer, leave a message and be sure to include your child's room number.

Once a meal order is placed, a delivery time will be given, or you can order your meal in advance and give us a delivery time.

If needed, Food Services can offer other menu options due to length of stay, restricted diet or personal preference.



**Parent trays are \$6 each (cash only).
See back page for menu options.**

Parent orders are limited to two trays every meal period:

- Breakfast trays are available 7 a.m. to 11 a.m.
- Lunch/dinner trays are available 11 a.m. to 8 p.m.



Children's[®]
Healthcare of Atlanta

Patient Menu

Breakfast

Main Fare (Choose two)

Scrambled eggs
Cheese eggs
Hard-boiled egg ♥
Pork bacon
Sliced ham
Pork sausage patties
Turkey sausage links
French toast sticks
Waffles
Pancakes
Sliced turkey ♥
Whole wheat pancakes ♥

Sides (Choose one)

Grits
Cheese grits
Hash browns
Tater tots
Oatmeal ♥
Cream of Wheat ♥
Corn Flakes cereal
Frosted Corn Flakes cereal
Raisin Bran cereal ♥
Cocoa Puffs cereal
Cheerios cereal ♥
Honey Nut Cheerios cereal ♥
Fruity Cheerios cereal ♥
Rice Krispies cereal
Lucky Charms cereal
Cinnamon Toast Crunch cereal

There is no charge for patient trays.
Limited to one tray every meal period.

Take a Break

A snack is a small meal eaten between regular meals. Children's recommends:

- Eating three meals and two snacks every day.
- Using beverages, such as fruit smoothies or low-fat milk, as a snack.
- Drinking only water between meals and snacks.

Snacktime provides a good opportunity for offering nutritious and naturally colorful food.

Lunch/Dinner

Entrees (Choose one)

Chicken fingers
Chicken nuggets
Fried chicken
Hot chicken wings
Fried chicken wings
Grilled chicken breast ♥
Roasted chicken drumstick
Fried chicken drumstick
Sliced turkey
(with or without gravy) ♥
Spaghetti (choice of meatballs, meat, butter or marinara sauce) ♥
Beef ravioli
Pizza (choice of cheese, pepperoni or veggie)
Nachos (beef and/or cheese)
Soft taco (chicken or beef)
Chili cheese fries
Chef salad (contains ham, turkey, eggs, tomatoes, cheese and lettuce) ♥
Grilled chicken salad ♥
Corn dog
Baked fish (breaded or unbreaded) ♥
Black beans and rice ♥

Hot Sandwiches

(choose toppings from the condiments list)
Hamburger
Cheeseburger
Veggie burger ♥
Grilled cheese
Grilled chicken ♥
Fried chicken
Hot dog

Cold Sandwiches

Peanut butter and jelly
Roast beef
Turkey ♥
Ham
Tuna salad (fat-free mayonnaise) ♥
Chicken salad (fat-free mayonnaise) ♥
American cheese

All sandwiches served on your choice of white, wheat or rye bread, or a sub roll.

Sides (Choose two)

Macaroni and cheese
Sliced carrots ♥
Corn ♥
Green peas ♥
Mashed potatoes (with or without gravy)
Baked potato ♥
French fries
Tater tots
Broccoli ♥
Broccoli with cheese
Green beans ♥
White rice ♥
White rice with gravy
Buttered pasta
Refried beans ♥
String cheese
Pretzels ♥
Chips: plain, barbecue or sour cream and onion potato chips; Cool Ranch Doritos, Fritos, baked potato chips or baked Cheetos

Soups, Salads and Yogurts (Choose one)

Vegetarian vegetable soup ♥
Chicken noodle soup
Beef, chicken or vegetable broth
Tomato soup ♥
Chili
Carrot and celery sticks ♥
Cottage cheese ♥
Garden salad ♥
Tuna salad (fat-free mayonnaise) ♥
Chicken salad (fat-free mayonnaise) ♥
Celery with peanut butter ♥
Flavored yogurts: Trix, strawberry, strawberry-banana, peach, raspberry, light peach or light strawberry

Patient Menu

For All Meals

Bakery (Choose one)

Biscuit
Bagel ♥
Honey wheat English muffin ♥
White bread
Wheat bread ♥
Raisin bread ♥
Danish
Cinnamon roll
Muffin (blueberry, banana nut or chocolate)
Doughnut
Whole grain Pop-Tart (strawberry or brown sugar cinnamon) ♥
Cornbread
Flour tortilla
Crackers
Dinner roll

Fruit/Dessert (Choose one)

Fruit cocktail ♥
Small fresh fruit plate ♥
Banana ♥
Apple ♥
Orange ♥
Pear slices ♥
Peach slices ♥
Pineapple ♥
Raisins ♥
Grapes ♥
Apple sauce ♥
Gelatin dessert
Diet gelatin dessert ♥
Angel food cake
Chocolate cake
Pudding (banana, chocolate or vanilla)
Diet pudding (vanilla or chocolate)
Oreo cookies
Rice Krispies Treat
Brownie
Vanilla wafers
Chocolate chip cookie
Animal crackers
Granola bar
Ice cream (chocolate, vanilla or strawberry)
Orange sherbert
Popsicle (cherry, grape or orange)
Simply Chex (strawberry yogurt or chocolate caramel) ♥

Beverages (Choose one)

Whole, 2 percent or skim milk ♥
Chocolate milk
Juice (orange, cranberry, grape or apple) ♥
Tea (hot or iced)
Fruit punch
Lemonade
Orange Powerade
Fruit Punch Powerade
Hot cocoa
Sugar-free cocoa ♥
Milkshake (chocolate, vanilla, strawberry or banana)
Coke
Coke Zero
Diet Coke
Sprite
Diet Sprite
Flavored soda (orange or grape)
Ginger ale
Root beer
Glacier Freeze Gatorade
Fierce Grape Gatorade

Condiments

Lemon ♥
Margarine
Syrup
Honey
Jelly
Brown sugar
Peanut butter (creamy) ♥
Cream cheese
Light cream cheese ♥
Mayonnaise
Fat-free mayonnaise ♥
Lettuce ♥
Tomato ♥
Onions ♥
Ketchup
Mustard
Pickles
Tartar sauce
Parmesan cheese
Shredded cheddar cheese
Barbecue sauce ♥
Honey mustard
Picante sauce ♥
Fat-free sour cream ♥
Mrs. Dash ♥
Hot sauce

Salad Dressings

Ranch
Fat-free ranch ♥
Honey mustard
Blue cheese
Italian
Fat-free Italian ♥
Thousand island
French

♥ Identifies healthy food choices.
All items are based on availability.

What to know about water

- Water makes up more than two-thirds of the body's weight.
- Every cell and organ in the body needs water to function.
- A lack of water can make the body tired.
- A lack of water can cause headaches.
- Your child should drink six to eight 8-ounce glasses of water daily, in addition to the water found in other foods and drinks.
- Drink water before, during and after being active.

Eating a balanced diet improves

- **Brain function.** Skipping meals, especially breakfast, can decrease your child's attention span and ability to concentrate, and may impact your child's performance in school and sports.
- **Weight control.** A balanced diet gives your child's body energy and curbs hunger.
- **Nutritional status.** Keep your child's body in balance with foods rich in vitamins A, B, C and D, as well as calcium, iron and fiber.

Parent Menu

Breakfast: 7 a.m. to 11 a.m.; Lunch/Dinner: 11 a.m. to 8 p.m.

Breakfast

Main Fare (Choose two)

Scrambled eggs
Cheese eggs
Hard-boiled egg ♥
Pork bacon
Sliced ham
Pork sausage patties
Turkey sausage links
Sliced turkey ♥
French toast
Waffles
Whole wheat pancakes ♥

Sides (Choose two)

Grits
Cheese grits
Hash browns
Oatmeal ♥
Corn Flakes cereal
Frosted Corn Flakes cereal
Raisin Bran cereal ♥
Cheerios cereal ♥
Honey Nut Cheerios cereal ♥
Rice Krispies cereal
Cinnamon Toast Crunch cereal
Fresh fruit (banana, apple, orange or grapes) ♥
Juice (orange, cranberry, grape or apple) ♥

Bakery (Choose one)

Biscuit
Bagel ♥
Honey wheat English muffin ♥
White bread
Wheat bread ♥
Raisin bread ♥
Danish
Cinnamon roll
Muffin (blueberry, banana nut or chocolate)
Doughnut

Lunch/Dinner

Entrees (Choose one)

Chicken fingers
Fried chicken
Grilled chicken breast ♥
Roasted chicken ♥
Baked fish (unbreaded) ♥
Spaghetti (choice of meatballs, meat, butter or marinara sauce) ♥
Pizza (choice of cheese, pepperoni or veggie)
Nachos (cheese and/or beef)
Chef salad (contains ham, turkey, eggs, tomatoes, cheese and lettuce) ♥
Grilled chicken salad ♥

Hot Sandwiches

(choose toppings from the condiments list)
Hamburger
Cheeseburger
Veggie burger ♥
Grilled cheese
Grilled chicken ♥
Hot dog

Cold Sandwiches

(choose toppings from the condiments list)
Roast beef
Turkey ♥
Ham
Tuna salad (fat-free mayonnaise) ♥
Chicken salad (fat-free mayonnaise) ♥
All sandwiches served on your choice of white, wheat or rye bread, or a sub roll.

Sides (Choose two)

Macaroni and cheese
Sliced carrots ♥
Corn ♥
Green peas ♥
Mashed potatoes (with or without gravy)
Baked potato ♥
French fries
Broccoli ♥
Broccoli with cheese
Green beans ♥
White rice ♥
White rice with gravy
Buttered pasta
Refried beans ♥
Pretzels ♥
Chips: plain, barbecue or sour cream and onion potato chips; Cool Ranch Doritos, Fritos, baked potato chips or baked Cheetos
Vegetarian vegetable soup ♥
Chicken noodle soup
Soup of the day
Beef, chicken or vegetable broth
Tomato soup ♥
Chili
Carrot and celery sticks ♥
Cottage cheese ♥
Garden salad ♥
Flavored yogurts: strawberry, peach, raspberry, light peach or light strawberry
Fruit cocktail ♥
Peach slices ♥
Pear slices ♥
Fresh fruit (banana, apple, orange or grapes) ♥
Raisins ♥
Gelatin dessert
Diet gelatin dessert ♥
Juice (orange, cranberry, grape or apple) ♥

Bakery/Dessert (Choose one)

White bread
Wheat bread ♥
Raisin bread ♥
Cornbread
Flour tortilla
Crackers
Dinner roll
Lemon pie
Pecan pie
Chocolate cake
Freshly baked cookies
Small fresh fruit plate ♥

For All Meals

Beverages (Choose one)

Whole, 2 percent or skim milk ♥
Chocolate milk
Juice (orange, cranberry, grape or apple) ♥
Tea (hot or iced)
Coffee
Decaffeinated coffee
Fruit punch
Lemonade
Hot cocoa
Coke
Coke Zero
Diet Coke
Sprite
Diet Sprite

Condiments

Lemon ♥
Margarine
Syrup
Honey
Jelly
Brown sugar
Cream cheese
Light cream cheese ♥
Mayonnaise
Fat-free mayonnaise ♥
Lettuce ♥
Tomato ♥
Onion ♥
Ketchup
Mustard
Pickles
Tartar sauce
Parmesan cheese
Shredded cheddar cheese
Barbecue sauce ♥
Honey mustard
Picante sauce ♥
Fat-free sour cream ♥
Mrs. Dash ♥
Hot sauce

Salad Dressings

Ranch
Honey mustard
Blue cheese
Italian
Thousand island
Fat-free Italian ♥
Fat-free ranch ♥
French

Parent trays are \$6 each (cash only).
Limited to two trays every meal period.