



# PEDIATRIC HEALTH SAMPLE MENU

## BREAKFASTS

**House-made Muffin**  
Cranberry, Corn, or Blueberry

**Cereal or Oatmeal**  
**Egg and Cheese Sandwich**  
**Strawberry-Ricotta Crepe**  
**Yogurt and Fresh Fruit**

## ENTREES

**Chicken Florentine Meatballs with Polenta and Peas & Carrots**

With spinach, asiago, and diced onion over traditional Italian cornmeal

**Beef Picadillo with Brown Rice and Green Beans**

Potatoes and locally sourced beef in savory tomato sauce

**Turkey Burger on Whole-wheat Bun with Broccoli**

Handmade burger with parmesan, herbs, and vegetables

**Spaghetti and Meatballs with Peas and Carrots**

Whole-wheat pasta, house-made marinara sauce, ground chicken and chicken sausage meatballs

**Cornmeal-Crusted Fish with White Rice and Mediterranean Veggies**

Locally caught fish from Red's Best

## SNACKS

**Hummus**

A savory Middle Eastern spread of beans, lemon, and spices

**Greek Yogurt**

**Cheese sticks**

## DESSERTS & HOUSE-BAKED GOODS

Our in-house baking program is seasonal, creative, and catered to the sweet tooth.

**Applesauce**  
**Fruit Cup**  
**Molasses Cookie**  
**Blueberry Granola Cookie**