

# Recommended room service foods for a milk free diet

***Some foods from the general patient menu may not be included on this menu as we are unable to check all food labels. If you have questions about this menu or your diet, call (414) 266-3663.***

## Breakfast

Cheerios  
Frosted Flakes  
Froot Loops  
Lucky Charms  
Rice Chex  
Oatmeal  
Toast white, wheat, cinnamon & sugar  
Strawberry Pop Tart  
Hard boiled eggs  
Scrambled eggs  
Omelet ham, bacon, mushroom, green pepper, onion  
Tater Tots  
Bacon  
Sausage

## Sides

Broccoli  
Carrots  
Corn  
Green beans  
Peas  
French fries  
Tater tots  
Baked potato  
Ask about the assortment of toppings  
Bow tie noodles  
White rice  
Refried beans  
Soft corn tortilla  
Tossed salad French or Italian dressing

## Lunch and Dinner

Deli sandwich turkey, ham  
Peanut butter and jelly sandwich  
Tomato soup  
Beef or chicken broth saltine crackers  
Beef hot dog  
Hamburger or Veggie burger  
Grilled chicken breast sandwich  
Roast turkey  
Grilled chicken breast (boneless)  
Spaghetti or bow tie pasta with marinara sauce

## Beverages

Apple or orange juice  
Bottled water  
Crystal Light Flavoring  
Vanilla Soy Milk  
Vanilla Rice Milk  
Sprite or Sprite Zero  
Coke or Diet Coke  
Mello Yello  
Lemonade  
Powerade berry, fruit punch, lemon lime  
Featured Smoothie

## Snacks

Carrot and celery sticks  
Baked Lays  
Lays Potato Chips  
Soft hot pretzel  
Fruit roll up

## Desserts

Seasonal fresh fruit  
Fresh fruit cup  
Mandarin oranges, peaches, pears, or applesauce cup  
Graham crackers  
Teddy Grahams  
Oreos  
Gelatin  
Popsicles

## Condiments

Ketchup, mustard, mayonnaise  
BBQ sauce  
Pickle slice  
Lettuce, tomato, and onion  
Margarine  
Salsa  
Marinara sauce  
White and brown sugar  
Breakfast Syrup  
Hershey's Syrup