

Recommended room service foods for a peanut and tree nut 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.

***Note: Coconut is not considered a tree nut and is allowed on the nut free diet. Some of the foods may contain coconut ingredients. If these are to be avoided, please request assistance from the unit Dietician.**

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 cheese, ham, bacon, mushroom, green pepper, onion
Tater Tots
Bacon
Sausage
Pancakes
French toast sticks
Yogurt assorted flavors

Sides

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

Lunch and Dinner

Deli sandwich turkey, ham, Swiss, cheddar, or American cheese
Sunbutter and jelly sandwich
Tomato or chicken noodle soup
Beef or chicken broth saltine crackers
Beef hot dog
Chicken strips
Macaroni and cheese
Cheese pizza pepperoni, ham, mushrooms, green pepper, onion
Hamburger, cheeseburger or Veggie burger American, Swiss, or cheddar
Grilled cheese sandwich
Grilled ham & cheese sandwich
Grilled chicken breast sandwich
Roast turkey
Grilled chicken breast (boneless)
Spaghettios
Spaghetti or bow tie pasta with marinara sauce

Beverages

Apple or orange juice
Bottled water
Milk whole, 1%, skim, chocolate
Vanilla Rice Milk
Vanilla Soy Milk
Sprite or Sprite Zero
Coke or Diet Coke
Mello Yello
Lemonade
Powerade berry, fruit punch, lemon lime
Hot Cocoa
Shake
Featured Smoothie

Snacks

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

Desserts

Seasonal fresh fruit
Fresh fruit cup
Apple with caramel dip
Mandarin oranges, peaches, pears, or applesauce cup
Animal crackers
Graham crackers
Teddy Grahams
Oreo Cookies
Rice Krispies treat
Gelatin
Popsicles
Ice Cream
Pudding

Condiments

Ketchup, mustard, mayonnaise
BBQ sauce
Pickle slice
Lettuce, tomato, and onion
Margarine and butter
Salsa, sour cream
Cheddar cheese sauce
Marinara sauce
Chicken gravy
White and brown sugar
Breakfast syrup
Hershey's syrup