

Lunch + Dinner Sides & Snacks

Mashed Potatoes
Tater Tots
Smiley Potato Fries
French Fries
Roasted Potatoes
White or Brown Rice
Penne Pasta
Macaroni and Cheese
Whole Kernel Corn

Green Peas
Black Beans
Sautéed Zucchini
Steamed Carrots
Steamed Green Beans
Steamed Broccoli
Side Salad
Cottage Cheese
Baked Lay's® Potato Chips

Cool Ranch Doritos
Cheddar Cheese Crackers
with Peanut Butter
Apple Slice w/ Peanut Butter
String Cheese
Graham Crackers
Pretzels
Dinner Roll
Hummus



Desserts

Vanilla Pound Cake Fries
Oreo® Cookie Parfait
Strawberry Shortcake Parfait
Chocolate Brownie
Cookies

*chocolate chip, sugar, Oreo®,
vanilla wafers*

Banana Pudding Parfait
Pudding

*chocolate, vanilla, banana,
sugar-free: chocolate, vanilla*

Gelatin

red, orange, sugar-free: red, orange

Ice Cream

*vanilla, chocolate, strawberry,
sugar-free: vanilla*

Popsicles

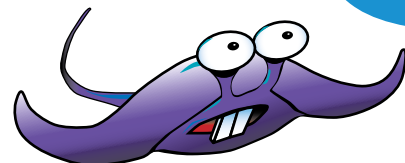
*cherry, orange, grape
sugar-free: cherry, orange, grape*

Italian Ice

cherry, lemon, orange

Sherbet

orange, fat-free rainbow



Drinks

MILK: whole, 2%, skim, chocolate, chocolate soy,
vanilla soy, vanilla almond, lactose free

JUICE: orange, cranberry, grape, apple, prune

HOT COCOA: regular or sugar-free

TEA: hot tea or iced tea

SUGAR-FREE LEMONADE

BOTTLED WATER

CHOCOLATE OR VANILLA MILKSHAKES

*May add in rainbow sprinkles,
Oreo® crumbles, whipped topping
or chocolate chips*

ORAL SUPPLEMENTS

*Premier Protein (not advised for children under 10):
vanilla, chocolate
Pediasure: vanilla, chocolate, strawberry
Ensure: vanilla, chocolate, strawberry
Ensure Clear: apple
Ensure Plus: vanilla, chocolate, strawberry
Carnation Instant Breakfast: vanilla,
chocolate
Orange Power Shake
Vanilla Recovery Shake: chocolate sauce,
Oreo® crumbles, banana, rainbow sprinkles*

Update 4/20/2025



my menu

Please place
meal orders
between
7 a.m. - 7:30 p.m.
for Adele Hall

Please place
meal orders
between
7 a.m. - 7 p.m.
for Kansas
Campus

HOW TO ORDER

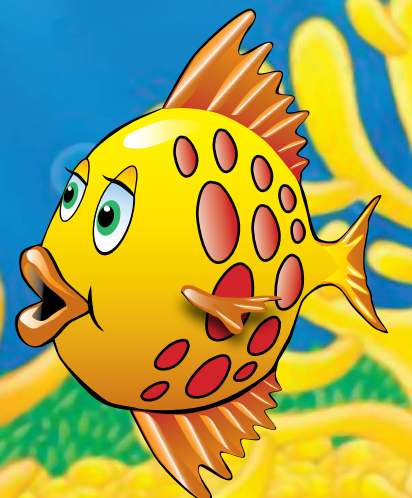
- 1 Please decide on your meal selections before you call. Guest meals are also available for purchase.**
- 2 Call Room Service at 51414 from your room to place order.**
- 3 Your tray will be freshly prepared and delivered to your room within 45 minutes.**

**SPECIAL DIET MENUS AVAILABLE
UPON REQUEST.**

Foods that may be a choking hazard for Toddlers are 1-3 years include corn, whole grapes, hot dogs, meat, nuts, raw fruits and vegetables, and peanut butter. These foods could block a toddler's airway if not chewed properly. Please be aware that these foods may be modified by cooking to soften or chopped into smaller pieces for your child.



Let us know how we're doing!



Children's Mercy
KANSAS CITY

Breakfast

Breakfast Menu Available 7 a.m. - 11 a.m.
Highlighted breakfast items available all day!

ENTRÉES

EGGS

- Scrambled Egg
- Cheesy Scrambled Egg
- Hard Boiled
- Fried Egg
- Omelet: cheese, onion, tomato, bacon, bell peppers, sausage, mushrooms

SIDES

- Tater Tots
- Sautéed Breakfast Potatoes
- Bacon
- Turkey Bacon
- Pork Sausage Links
- Turkey Sausage Links

BREAKFAST BURRITOS

FLOUR TORTILLA

CHOOSE YOUR FILLINGS:

- Egg
- Turkey Sausage
- Potato
- Turkey Bacon
- Bacon
- Pork Sausage
- Cheddar Cheese

BUTTERMILK PANCAKES*

CLASSIC FRENCH TOAST*

WAFFLE*

*TOPPINGS: blueberries, sliced strawberries, sliced bananas, whipped topping, chocolate chips

BISCUIT AND PORK SAUSAGE GRAVY

CRUNCHY PEANUT BUTTER, APPLE & GRANOLA WRAP

BAKERY

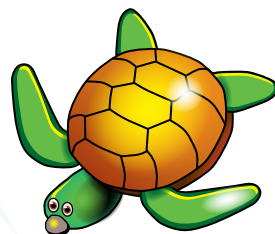
ENGLISH MUFFIN

BUTTERMILK BISCUIT

BLUEBERRY MUFFIN

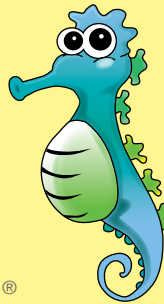
PLAIN WHITE BAGEL

CINNAMON ROLL



COLD CEREAL

- Cheerios®
- Honey Nut Cheerios®
- Rice Chex™
- Raisin Bran®
- Cornflakes
- Frosted Flakes®
- Froot Loops™
- Cocoa Puffs™
- Cinnamon Toast Crunch®



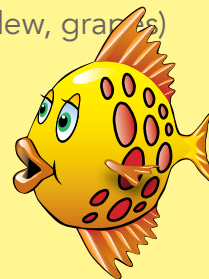
HOT CEREAL

- Oatmeal*
- Cream of Wheat*

*TOPPINGS: brown sugar, raisins, sliced banana, sliced strawberries, blueberries

FRUITS & YOGURTS

- Yogurt: Strawberry, French Vanilla, Light Vanilla Yogurt, Fat-Free Greek Vanilla Yogurt
- Fruit, granola, and yogurt parfait (cantaloupe, honeydew, grapes)
- Fresh Fruit Cup (cantaloupe, honeydew, grapes)
- Apple
- Orange
- Banana
- Strawberries
- Grapes
- Pineapple
- Mandarin Oranges
- Peaches
- Pears
- Applesauce
- Watermelon (seasonal)
- Cantaloupe
- Honeydew



SMOOTHIES

- Merry Berry Smoothie
- Cool Peach Smoothie
- Mixup Strawberry Smoothie

Lunch + Dinner

CHEF'S SPECIALTIES

HOUSE MADE MEATLOAF

CRISPY CHICKEN TENDERS

Served with ranch, BBQ or honey mustard sauce for dipping

BBQ PULLED PORK

BEEF POT ROAST

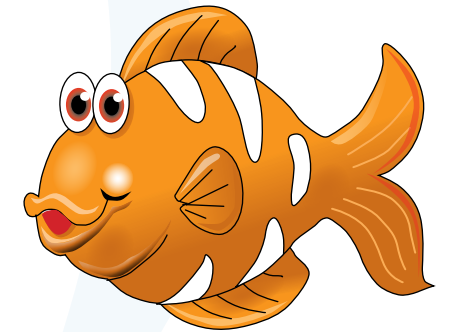
GRILLED SALMON

FISH STICKS

GRILLED CHICKEN BREAST

ROASTED TURKEY

CHICKEN NUGGETS



BURGERS & SANDWICHES

GRILLED HAMBURGER ON BUN

CHEESEBURGER ON BUN

HOT DOG ON BUN

MEATBALL & PROVOLONE SLIDER

VEGGIE BURGER

TURKEY BURGER

GRILLED CHEESE

GRILLED CHICKEN

TOPPINGS: lettuce, pickle, tomato, onion

CHEESE: American, Swiss, Cheddar, Provolone

DRESSINGS: ketchup, mayonnaise, mustard, honey mustard, BBQ sauce

TACOS & QUESADILLAS

TURKEY OR CHICKEN SOFT TACO

CHICKEN OR CHEESE QUESADILLA

TOPPINGS: lettuce, tomato, cheese, sour cream, salsa or cheese sauce

SALADS & SOUPS

CHEF SALAD

CAESAR SALAD WITH GRILLED CHICKEN or GRILLED SALMON

TOMATO SOUP

VEGETABLE SOUP

CHICKEN NOODLE SOUP

CHICKEN AND RICE SOUP

Served with saltine crackers upon request

PIZZA

TOPPINGS: cheese, pepperoni, tomato, onion, mushroom, bell peppers, meatballs, Italian sausage

PASTA

MACARONI AND CHEESE

LASAGNA ROLL UP

CREATE YOUR OWN PASTA

CHOOSE YOUR PASTA: penne, spaghetti or elbow macaroni

CHOOSE YOUR SAUCE:

turkey meat sauce, marinara sauce, alfredo, or butter

TOPPINGS: meatballs, chicken or broccoli

SANDWICHES

CREATE YOUR OWN

BREAD: white, wheat, flour tortilla

PROTEIN: turkey, ham, roast beef, tuna salad, egg salad, chicken salad

CHEESE: American, Swiss, Cheddar, Provolone

CONDIMENTS: mayonnaise, ranch,

peanut butter, jelly, sugar-free jelly, ketchup, mustard

TOPPINGS: lettuce, tomato, pickle, onion

GRAPE UNCRUSTABLE PB&J

LUNCH AND DINNER SIDE OPTIONS ON BACK →