

# Pediatric Fat Restricted Menu

The fat restricted diet is intended to prevent or reduce chylous drainage. This diet allows 13g fat each day (3g at breakfast, 5g at lunch, and 5g at dinner). Please note the numbers next to the food items indicate the grams of fat in each item. When nothing is listed, the item is fat free.

## Breakfast

### Entrees

- **Low Cholesterol Scrambled Eggs**
- **Create-Your-Own Omelet (1)**
- **Create-Your-Own Burrito**  
Corn Tortilla (1)  
Low Cholesterol Scrambled Eggs  
Diced Tomatoes  
Onions  
Mushrooms  
Spinach  
Green Pepper

### Sides

- **Hot Cereal** - Cream of Rice / Cream of Wheat
- **Cold Cereal** - Raisin Bran (1) / Cornflakes / Cheerios / Rice Chex / Granola (2)
- **Non-Fat Greek Yogurt** - Strawberry / Vanilla
- **Bagel** - Regular (1) / Cinnamon (1)
- **Bread** - White (1) / Wheat (1)
- **Half Whole Wheat English Muffin** (0.6)

### Fruit

- **Apple**
- **Banana**
- **Orange**
- **Red Grapes**
- **Fresh Fruit Cup**
- **Applesauce (1)**
- **Peach Slices**
- **Pear Halves**
- **Mandarin Oranges**

## Lunch/Dinner

### Entrees

- **Herb Baked Chicken Breast (3)**
- **Fresh Fruit Platter (1)**
- **CYO Deli Sandwich** - Turkey (1) on White (2) / Wheat Bread (2) w/ Lettuce/Spinach
- **Grilled Chicken Breast Sandwich (3)**
- **CYO Salad** - Turkey (1) / Grilled Chicken (2) w/ Lettuce / Spinach / Tomatoes / Onions / Mushrooms / Cucumbers / Green Peppers / Carrots
- **CYO Pasta** - Elbow Macaroni (1) / Whole Grain Penne (1) w/ Red Sauce (1) and Grilled Chicken (2)
- **CYO Taco** - Chicken (2) / Fish (2) on Corn Tortilla (1) w/ Tomatoes / Onions / Lettuce / Salsa
- **CYO Rice Bowl** - Chicken (2) w/ Quinoa (1) / White Rice / Brown Rice (1) and all toppings

### Sides

- **Brown Rice (1)**
- **Steamed White Rice**
- **Quinoa (1)**

### Salad

- **Side Garden Salad**  
Regular Italian Dressing (1)  
Low Calorie Italian Dressing  
Low Calorie French Dressing  
Fat Free Ranch Dressing

### Veggies

- **Broccoli**
- **Collard Greens**
- **Yellow Squash**
- **Green Peas**
- **Sliced Carrots**
- **Green Beans**

### Soup

- **Tomato Soup**
- **Vegetable Broth**

## Desserts

- **Angel Food Cake**
- **Regular Gelatin** - Berry / Citrus
- **Diet Gelatin** - Berry / Citrus
- **Popsicle** - Regular / Sugar-Free
- **Lemon Fruit Ice**

## Condiments

- Salt
- Pepper
- Herb Seasoning
- Sugar
- Equal
- Splenda
- Honey
- Cinnamon
- Jelly - Regular / Sugar-Free
- Ketchup
- Mustard
- Non-Dairy Creamer
- Salsa
- BBQ Sauce
- Lemon Crystals

## Beverages

### Hot

- **Coffee**
- **Decaf Coffee**
- **Sugar-Free Hot Cocoa (1)**
- **Hot Tea**
- **Hot Decaf Tea**

### Cold

- **Fat Free Milk**
- **Sweet Tea**
- **Unsweet Tea**
- **Iced Decaf Tea**
- **Fruit or Lemon Infused Water**
- **Smoothie**  
Mixed Fruit / Orange / Strawberry-Banana-Soy (1)

- **Apple Juice**
- **Orange Juice**
- **Grape Juice**
- **Cranberry Juice**
- **Prune Juice**
- **Gingerale** - Regular / Diet