

# Pediatric Low Sodium Menu

The low sodium diet limits sodium to 700mg of sodium per meal in order to help prevent water retention, high blood pressure, and shortness of breath. It may also help reduce your risk for a heart attack or stroke. Certain restrictions may still apply to the foods below depending on sodium content of specific choices made.

## Breakfast

### Entrees

- **Scrambled Eggs** - Regular / Low Cholesterol
- **Scrambled Tofu**
- **Hard Cooked Egg**
- **Create-Your-Own Burrito or Omelet**
  - Corn / Flour / WW Tortilla
  - Diced Green Peppers / Tomatoes / Onions / Mushrooms / Spinach
  - Cheddar / Swiss Cheese
- **Buttermilk Pancakes** - Regular or Whole Wheat

### Sides

- **Pork Bacon**
- **Turkey Sausage**
- **Hash Brown Potatoes**
- **Hot Cereal** - Oatmeal or Grits
- **Cold Cereal** - Cheerios, Rice Chex, Cornflakes, Raisin Bran, or Granola
- **Whole Milk Yogurt** - Strawberry or Vanilla
- **Greek Yogurt** - Strawberry or Vanilla
- **Bagel** - White, Wheat, or Cinnamon
- **Whole Wheat English Muffin**
- **Bread** - Whole Wheat / White
- **Tortilla** - Corn / Flour / Whole Grain
- **Blueberry Muffin**

### Fruit

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

## Lunch/Dinner

### Entrees

- **Herb Baked Chicken Breast**
- **Roast Turkey Breast**
- **Crispy Baked Fish**
- **Macaroni & Cheese**
- **CYO Deli Sandwich** - Turkey / Tuna Salad / Chicken Salad / PBJ
- **CYO Grill Sandwich** - Hamburger / Turkey / Veggie Burger / Grilled Chicken Breast
- **CYO Salad** - Turkey / Grilled Chicken / Egg
- **CYO Pasta** - Spaghetti / Elbow Macaroni / Whole Grain Penne / Cheese Tortellini Red / Meat Sauce
- **CYO Taco** - Chicken / Ground Beef / Fish
- **CYO Rice Bowl** - Chicken / Tofu
- **Hummus w/ Pita and Vegetables**
- **Fresh Fruit Platter**

### Sides

- **Mashed Potatoes**
- **Baked French Fries**
- **Baked Sweet Potato Fries**
- **White or Brown Rice**
- **Quinoa**

### Soup

- **Broth** - Beef / Chicken / Vegetable
- **Chicken Noodle Soup**
- **Garden Vegetable Soup**
- **Tomato Soup**

### Veggies

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

### Salad

- **Side Garden Salad**
  - Italian Dressing (R / LC)
  - French Dressing (R / LC)
  - Ranch (R / FF)
  - Oil & Vinegar

## Desserts

- **Angel Food Cake**
- **Fruit Crisp**
- **Vanilla Wafers**
- **Graham Crackers**
- **Cookie** - Chocolate Chip / Sugar / Oatmeal Raisin
- **Regular Gelatin** - Berry / Citrus
- **Diet Gelatin** - Berry / Citrus
- **Pudding** - Chocolate / Vanilla
- **Sugar-Free Pudding** - Chocolate / Vanilla
- **Lemon Fruit Ice**
- **Sherbet** - Lime / Orange
- **Ice Cream** - Vanilla / Chocolate / Strawberry

## Snacks

- **Baked Lay's**
- **Regular Lay's**
- **LS Saltine Crackers**

## Beverages

### Hot

- **Coffee**
- **Decaf Coffee**
- **Hot Cocoa**
- **Diet Hot Cocoa**
- **Hot Tea**
- **Hot Decaf Tea**

### Cold

- **Fat-Free Milk**
- **Low Fat Milk**
- **Whole Milk**
- **Low Fat Chocolate Milk**
- **Almond Milk**
- **Lactaid Milk**
- **Soy Milk**
- **Ice Tea** - Sweet / Unsweet
- **Lemonade** - Regular / Diet

- **Apple Juice**
- **Orange Juice**
- **Grape Juice**
- **Cranberry Juice**
- **Gingerale**
- **Smoothie** - Mixed Fruit / Orange / Strawberry-Banana-Soy