

Pediatric Renal Menu

The renal diet is necessary in the treatment of many kidney diseases and disorders. It limits sodium (2000mg), potassium (2000mg), and phosphorus (1200mg), which can all build up in the blood and become harmful. Protein and fluid may be restricted as well to prevent further damage.

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 / Onions
 - Cheddar / Swiss Cheese
- **Buttermilk Pancakes**

Sides

- **Turkey Sausage**
- **Hot Cereal** - Cream of Wheat / Cream of Rice
- **Cold Cereal** - Cheerios / Rice Chex / Cornflakes
- **Whole Milk Yogurt** - Strawberry / Vanilla
- **Greek Yogurt** - Strawberry / Vanilla
- **1% Cottage Cheese**
- **Plain Bagel**
- **White Bread**
- **Tortilla** - Corn / Flour / Whole Wheat
- **Blueberry Muffin**

Fruit

- **Apple**
- **Red Grapes**
- **Applesauce**
- **Peach Slices**
- **Pear Halves**

Lunch/Dinner

Entrees

- **Herb Baked Chicken Breast**
- **Roast Turkey Breast**
- **Crispy Baked Fish**
- **CYO Deli Sandwich** - Turkey / Roast Beef / 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 / Cheese Tortellini
 - Butter/Margarine with Parmesan Cheese
- **CYO Taco** - Chicken / Ground Beef / Fish
- **CYO Rice Bowl** - Chicken / Tofu tossed in oil
- **Hummus w/ Pita and Vegetables**

Sides

- **Macaroni & Cheese**
- **Rice** - Brown / White
- **Quinoa**

Soup

- **Broth** - Beef / Chicken / Vegetable

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**
- **Regular Gelatin** - Berry
- **Diet Gelatin** - Berry / Citrus
- **Vanilla Pudding**
- **Vanilla Sugar-Free Pudding**
- **Lemon Fruit Ice**
- **Popsicle**
- **Sugar-Free Popsicle**
- **Sherbet** - Lime / Orange

Condiments

- **Pepper**
- **Herb Seasoning**
- **Sugar**
- **Equal**
- **Splenda**
- **Honey**
- **Cinnamon**
- **Butter**
- **Margarine**
- **Jelly**
- **Sugar-Free Jelly**
- **Regular Cream Cheese**
- **Light Cream Cheese**
- **Non-dairy Creamer**
- **Tartar Sauce**
- **Parmesan Cheese**
- **Lemon Crystals**

Beverages

Hot

- **Coffee**
- **Decaf Coffee**

Cold

- **Fat-Free Milk**
- **Low Fat Milk**
- **Whole Milk**
- **Low Fat Chocolate Milk**
- **Lactaid Milk**
- **Almond Milk**
- **Lemonade** - Regular / Diet
- **Apple Juice**
- **Grape Juice**
- **Cranberry Juice**
- **Gingerale**
- **Lemon or Fruit Infused Water**