

Breakfast Menu

Welcome to IUH Frankfort Hospital!

Hours of Service : Sunday - Saturday : 6:00 - 6:00p

To provide you with the best possible service, we prepare all of your meals to order. Our goal is to exceed your expectations and deliver you a delicious, nourishing meal.

Breakfast Entrées

Scrambled Eggs	110 cal	\$1.29
Heart Healthy Scrambled Eggs	50 cal	\$1.29
Whole Wheat French Toast	90 cal	\$1.29
Thick Sliced French Toast	170 cal	\$1.29
Pancakes	190 cal	\$1.29

Hot and Cold Cereals

Oatmeal	110 cal ...	\$.59
Cream of Wheat	80 cal ...	\$.59
Cheerios	70 cal ...	\$.79
Total Raisin Bran	110 cal ...	\$.79
Corn Flakes	70 cal ...	\$.79
Honey Nut Cheerios	110 cal ...	\$.79
Rice Chex	110 cal ...	\$.79

Sides

Hard Cooked Egg	160 cal ...	\$.49
Home Fries	100 cal ...	\$.89
Pork Sausage	180 cal ...	\$.59
Turkey Sausage	30 cal ...	\$.59
Bacon	40 cal ...	\$.59

Make Your Own Sandwich 140-290 cal \$2.99

Choose Your Bread

Whole Grain English Muffin, English Muffin, White Bread or Wheat Bread

Choose Your Protein

Turkey Sausage, Turkey Bacon, Pork Sausage, or Bacon

Choose Your Cheese

American, Swiss, or Cheddar

Make Your Own Omelet 100-250 cal \$2.79

Choose Your Protein (in addition to egg)

Turkey Sausage, Turkey Bacon, Pork Sausage, or Bacon

Choose up to 3 toppings

Diced Tomatoes, Sautéed Onions, Sautéed Peppers, or Sautéed

Mushrooms

Choose Your Cheese

American, Swiss, or Cheddar

Fruits and Sweets

Banana	110 cal ...	\$.79
Whole Orange	50 cal ...	\$.79
Applesauce	60 cal ...	\$.79
Sliced Peaches	50 cal ...	\$.79
Sliced Pears	50 cal ...	\$.79
Fresh Fruit Cup	40 cal ...	\$2.29
Light Blueberry Yogurt	50 cal ...	\$.99
Light Vanilla Yogurt	140 cal ...	\$.99
Plain Greek Yogurt	80 cal ...	\$.99
Whole Grain Blueberry Muffin	80 cal ...	\$.89

Beverages

Orange Juice	50 cal	\$1.19
Apple Juice	60 cal	\$1.19
Cranberry Juice	0 cal	\$1.19
Skim Milk	80 cal	\$.59
2% Milk	120 cal	\$.59
Whole Milk	150 cal	\$.59
Chocolate Milk	140 cal	\$.59
Coffee	0 cal	\$.93
Decaf Coffee	0 cal	\$.93
Hot Tea	0 cal	\$.93
Hot Chocolate	60 cal	\$1.29
Bottled Water		\$.75
Bottled Tea		\$1.49

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Starters \$1.49

Tossed Salad	20 cal
Caesar Salad	50 cal
Chicken Noodle Soup	110 cal
Soup of the Day	110 - 300 cal

Entrées \$2.99

Grilled Chicken Chef Salad	270 cal
Grilled Chicken Caesar Salad	570 cal
Chicken Parmesan	270 cal
Lemon Rosemary Chicken	160 cal
Homemade Meatloaf w/ Gravy	170 cal
Grilled Lemon Salmon	160 cal
Cheese Tortellini w/ Marinara	230 cal
Whole Grain Penne w/ Meatsauce	200 cal
Chicken Tenders	60 cal

Vegetables & Sides \$.99

Fresh Steamed Broccoli	20 cal
Fresh Steamed Green Beans	30 cal
Fresh Steamed Carrots	30 cal
Sautéed Zucchini	15 cal
Vegetable Medley	40 cal
Mashed Potatoes	120 cal
Mashed Sweet Potatoes	150 cal
Baked French Fries	180 cal
Steamed White Rice	120 cal
Confetti Brown Rice	120 cal

Build Your Own Deli Sandwich 150-570 cal \$2.59

Choose Your Bread

White Bun, Whole Wheat Bun, White Bread or Wheat Bread

Choose Your Protein

Sliced Turkey, Sliced Ham, Sliced Beef, or Peanut Butter

Choose up to 3 Toppings

Sliced Tomatoes, Sliced Onions, Leaf Lettuce, Pickles, Pork Bacon,

Turkey Bacon or Jelly

Choose Your Cheese

American, Swiss, or Cheddar

Build Your Own Hot Sandwich ... 150-650 cal ... \$2.59

Choose Your Bread

White Bun, Whole Wheat Bun, White Bread,
Wheat Bread, or Tortilla

Choose Your Protein

Beef Burger, Roast Turkey, Grilled Chicken, Roast Beef,
or Garden Burger

Choose up to 3 Toppings

Sliced Tomatoes, Sliced Red Onions, Leaf Lettuce,
Pickles, Pork Bacon, Turkey Bacon, Beef Gravy, Poultry
Gravy or Sautéed Mushrooms

Build Your Own Pizza ... 640-790 cal ... \$2.99

Choose Your Toppings

Pepperoni, Sausage, Green Peppers, Tomatoes,
Mushrooms, or Onions

Fruits and Sweets

Banana	110 cal ...	\$.79
Whole Orange	50 cal ...	\$.79
Applesauce	60 cal ...	\$.79
Sliced Peaches	50 cal ...	\$.79
Sliced Pears	50 cal ...	\$.79
Fresh Fruit Cup	40 cal ...	\$2.29
Chocolate Chip Cookie	240 cal ...	\$.99
Oatmeal Raisin Cookie	210 cal ...	\$.99
Fudge Brownie	200 cal ...	\$1.29

Beverages

Orange Juice	50 cal.....	\$1.19
Apple Juice	60 cal	\$1.19
Cranberry Juice	0 cal	\$1.19
Skim Milk80 cal	\$.59
2% Milk	120 cal	\$.59
Whole Milk	150 cal	\$.59
Chocolate Milk	140 cal	\$.59
Coffee	0 cal	\$.93
Decaf Coffee	0 cal	\$.93
Hot Tea	0 cal	\$.93
Hot Chocolate	60 cal	\$1.29
Bottled Water		\$.75