

**Kids Fit MENU!**

**\$4.99**

\*Kids Teaching Kids recipes

**ENTREES** (choose one)

- Calzone Creator\***  
A pizza pocket stuffed with cheese and your choice of fillings, served with marinara dipping sauce  
  

<i>Choose 1 meat</i>	<i>Choose 2 Veggies</i>
Pepperoni	Spinach
Meatball	Mushroom
Chicken	Bell Pepper
Canadian Bacon	
- Little Italy Pizza\***  
Cheese pizza with fresh tomato slices
- Grilled Chicken Fingers**
- Crispy Crunchy Grilled Cheese Sticks\***  
Melted cheese and spinach between 2 slices of toasted italian bread, served with marinara dipping sauce

**FRUITY WATER**

- Ice water with fruit floated in your glass  
Choose your combination:
- Lemon**  **Cherry**  **Lime**

**SIDES** (choose one)

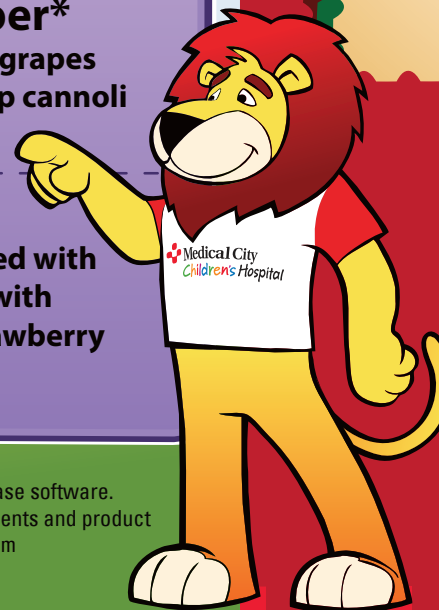
- Green, White & Red Spaghetti\***  
Spaghetti with zucchini ribbons, marinara sauce
- Steamed Broccoli**
- Fruit Salad\***  
Crunchy apples, juicy oranges and crisp cucumbers in a sweet orange sauce.

**DESSERTS** (choose one)

- Apple Pinwheel\***  
Crisp, juicy apple slices dusted with cinnamon, drizzled with raspberry & caramel sauce
- Double Fruit Dipper\***  
Juicy strawberries, sweet grapes served with chocolate chip cannoli cream dipping sauce
- Peary Berry\***  
Fresh, peeled pear, drizzled with raspberry sauce, topped with whipped cream and a strawberry

- Cheese or pepperoni pizza 4.99**
- Fettuccini alfredo 4.99**
- Spaghetti and meatball 4.99**
- Chicken fingers with fries or broccoli 4.99**
- Grilled chicken with pasta or broccoli 6.99**
- Lasagna 5.99**
- Chicken parmigiana with pasta 6.99**

TURN OVER TO MEET THE KIDS TEACHING KIDS CHEFS!



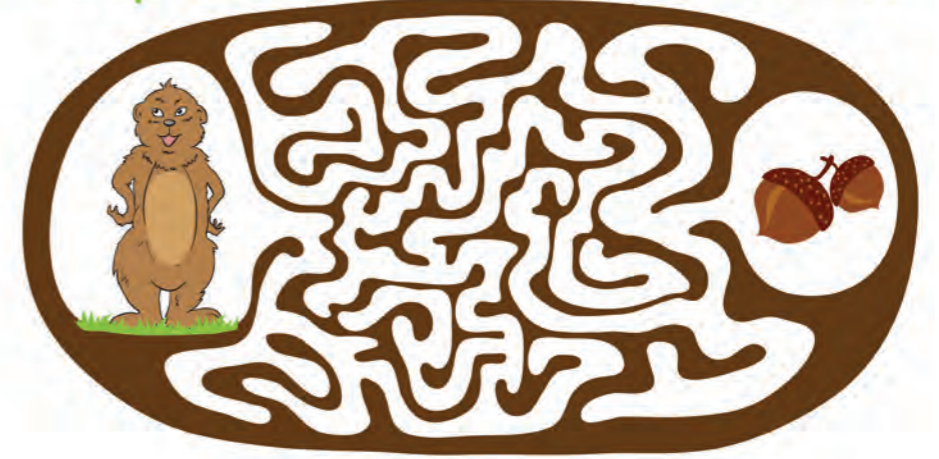
Disclaimer: Individual items and meals provided by i Fratelli were reviewed by a Medical City Children's Hospital Registered Dietitian using Nutribase software. The accuracy of the information is an approximation and may vary due to several factors including, but not limited to change in ingredients and product information. By mailing in for the free gift you agree to opt-in our newsletter. For more information, please visit [www.medicalcityhospital.com](http://www.medicalcityhospital.com)

[kids-teaching-kids.com](http://kids-teaching-kids.com) | [mcchildrenshospital.com](http://mcchildrenshospital.com) | [ifratelli.net](http://ifratelli.net)

# Color the picture



Help the marmot to find the nut



## Meet the chefs!

Medical City Children's Hospital and i Fratelli have teamed-up to build a Kids Fit Menu using recipe creations from Texas ProStart high school students. To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com).

### Entrees:

Calzone Creator - Juan Altamirano, Chris Lovo, Abelardo Villegas from **Jack E. Singley Academy, Irving**

Little Italy Pizza - Justin M., Courtney M. and Valery R. from **Frisco ISD Career & Technical Education Center**

Crispy Crunchy Grilled Cheese Sticks - Juan Altamirano, Chris Lovo, Abelardo Villegas from **Jack E. Singley Academy, Irving**

### Sides:

Green, White & Red Spagehetti - Juan Altamirano, Chris Lovo, Abelardo Villegas from **Jack E. Singley Academy, Irving**

Fruit Salad - Javier G. and Rafael M. from **Allen High School**

### DeSSERTS:

Apple Pinwheel - Juan Altamirano, Chris Lovo, Abelardo Villegas from **Jack E. Singley Academy, Irving**

Double Fruit Dipper - Juan Altamirano, Chris Lovo, Abelardo Villegas from **Jack E. Singley Academy, Irving**

Peary Berry - Tasha R. from **The Colony High School**

Get a **FREE** Medical City Children's Hospital Light-up Wristband!

**FREE!**

Medical City  
Children's Hospital  
[kids-teaching-kids.com](http://kids-teaching-kids.com)

Just fill out the form, cut out along the dotted line, mail to the address provided, and we will send you a free Light-up Wristband!

Medical City Children's Hospital  
Attn: City Kitty Club  
7777 Forest Lane  
Dallas, TX 75230

NAME:

MAILING ADDRESS:

CITY:

STATE:

ZIP:

EMAIL ADDRESS: