



**Preslie Mann**

All Kids Fit Menu items were created by Preslie Mann, a high school graduate from Gene Burton College and Career Academy in Rockwall.

Medical City Children's Hospital and Dream Cafe have teamed up to build a Kids Fit Menu using recipe creations from Texas ProStart culinary students.

To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)



**Medical City  
Children's Hospital**

**Kids Fit MENU!**

# Breakfast

(only served 7 a.m. - 4 p.m. daily)

**Kids Fit MENU!**

Every Kids Fit meal features 2 servings of fruits and/or veggies



**Dream Boat . . . . \$4.75**

Egg scramble with ham & broccoli stuffed inside a popover half. Served with cinnamon banana crisp.

**Fruity French Toast Sticks . . . . \$5.00**

Sweet pita French toast sticks with a strawberry cream dipping sauce served with a berry "garden".

Cinnamon Snail . . . . . \$4.00  
Iced Cinnamon Roll

Muffin . . . . . \$3.50

Organic Oatmeal Cup . . . . . \$3.00  
With bananas & brown sugar

"Mickey" Pancake . . . . . \$3.75

2x2 . . . . . \$4.75  
Two scrambled eggs & two mini pancakes

Side of Bacon . . . . . \$2.00

# Lunch & Dinner

**Kids Fit MENU!**

Every Kids Fit meal features 2 servings of fruits and/or veggies



**Sea Star . . . . . \$6.50**

This fun star-fish themed meal includes tuna salad served with toasted pita triangles sprinkled with blueberries and house-made granola. Served with a side of mixed fruit and yogurt.

Cheese Pizza . . . . . \$5.00

Cheddar Burger & Fries . . . . . \$5.00  
Hormone-free

Chicken Strips . . . . . \$4.75  
Grilled or crispy with ranch and fries

Side Broccoli . . . . . \$2.00

## Drinks

- Dragon soda (raspberry) . . . . \$2.00
- Fairy soda (vanilla coke) . . . . \$2.00
- Shirley Temple . . . . . \$2.00
- Milk . . . . . \$2.00
- Chocolate Milk . . . . . \$2.50
- Hot chocolate . . . . . \$3.00
- Strawberry - Banana Smoothie . \$3.50
- Apple or Orange Juice Box . . . \$2.00
- Lemonade . . . . . \$2.00
- Raspberry-Lemonade . . . . . \$2.50

## Snacks

- Edamame . . . . . \$3.50  
Steamed & salted soybeans
- Pot stickers . . . . . \$7.00  
Six pork filled with soy dipping sauce
- Fruit cup & vanilla yogurt . . . . \$3.00



**Kids Fit MENU!**

**Octo-Hummus . . . . . \$3.50**  
A friendly snack with hummus and carrots in the shape of an octopus.

## Sweets

- Cookie & ice cream . . . . . \$4.00
- Cinnamon Roll . . . . . \$4.00

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Individual items and meals provided by Dream Cafe 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. Medical City Children's Hospital is not responsible for such variations, or the quality or content of the meals served.

