



Meet the Chef


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





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".

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|--|--------|
| 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 starfish 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.

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| 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

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|--|--------|
| 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

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|--|--------|
| 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 |

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.

GET A FREE MEDICAL CITY CHILDREN'S HOSPITAL GIFT!

1. Go to WWW.KIDS-TEACHING-KIDS.COM/GIFT
2. Complete the online form
3. Your gift will be mailed to you!



Medical City
Children's Hospital

Kids Fit Menu!



WORD SCRAMBLE

UNSCRAMBLE THESE WORDS!

HINT: THESE WORDS CAN BE FOUND SOMEWHERE ON THIS PAGE

FYARI
LEEPS

MEDRA
AICGM



HELP THE HERO!

HELP THE HERO FIND THE PRINCESS
AND HER CASTLE THROUGH THE MAZE!



FIND THESE HIDDEN WORDS:

CAFE
CLOUDS
DREAM
FAIRY

MAGIC
MOON
SLEEP
STARS

WORD FIND

Y I U N T B H Z Z G E I K T V
H W O R C I F I A H H D O D V
Q O A F B I K A T Q T H K K K
M T A X A B G L F S X V B Q T
Y A A D Q I T A L U B F H S E
C L O U D S R E M Z N D C D F
J Q F X H P E Y K H L R R Z A
H G S M G P N V R K Z E D D C
B E D O W X W T E L U A Q B L
I Q B Q M G P I T T M M Q B L
S G P X J L W S R A T S P Y F
G O X U L T K F L D J L T I O
N R N K X Y L M J T T S T T N
M J L G H G X S N A Q M G T T
L V F H N B H U X H T L H E B

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