

Kids Fit Menu!



Party Pizza Poppers created by Texas ProStart® students Maximiliano Chavez, Carlos Ramirez and Stephanie Perez from Mesquite High School.

PARTY PIZZA POPPERS (430 CAL.) \$5.99

Crispy corn tostada topped with tasty veggie infused refried beans, shredded chicken, and melted cheese. Served with a side of cherry topped "apple pie" applesauce and fresh cut carrot sticks.
(Drink Not Included)

PIÑATA BOWLS (400-510 CAL.) \$5.99

Your choice of either a macaroni and cheese or rice bowl tossed with corn, tomatoes, and assorted veggies and topped with your choice of seasoned chicken or beef. Served with a Sundae a la Fresca including fresh strawberries and blueberries layered with crushed pineapple and topped with whipped cream and caramel sauce!
(Drink Not Included)



Ranch-ero Chicken Taco and Piñata Bowls created by The Colony High School graduate Alexander Meza.

RANCH-ERO CHICKEN TACO (310 CAL.) \$5.99

Savory grilled chicken chopped and tossed with fresh corn and tomatoes in ranch dressing, topped with crisp lettuce and seasoned jicama strips. Served with pineapple applesauce and corn.
(Drink Not Included)



Cristina's
FINE MEXICAN RESTAURANT



KID'S MENU



AMERICAN

Hot Dog
Hamburger
Chicken Fingers
Grilled Cheese
Kraft Mac & Cheese
Kid Grilled Chicken

**All items
\$5.99**

MEXICAN

Kid Cheese Nachos
Kid Bean & Cheese Nachos
Tamale
Kid Burrito
Kid Enchilada
Kid Chalupa
Cheese Quesadilla
Chicken Flautita
Kid Fajita Taco
Soft Cheese Taco
Kid Taco

*All kid items served with choice of two sides:
Applesauce, Corn, Fresh Carrots, Refried Beans,
Pinto Beans, Rice or French Fries.
(Drink Not Included)*

DRINKS

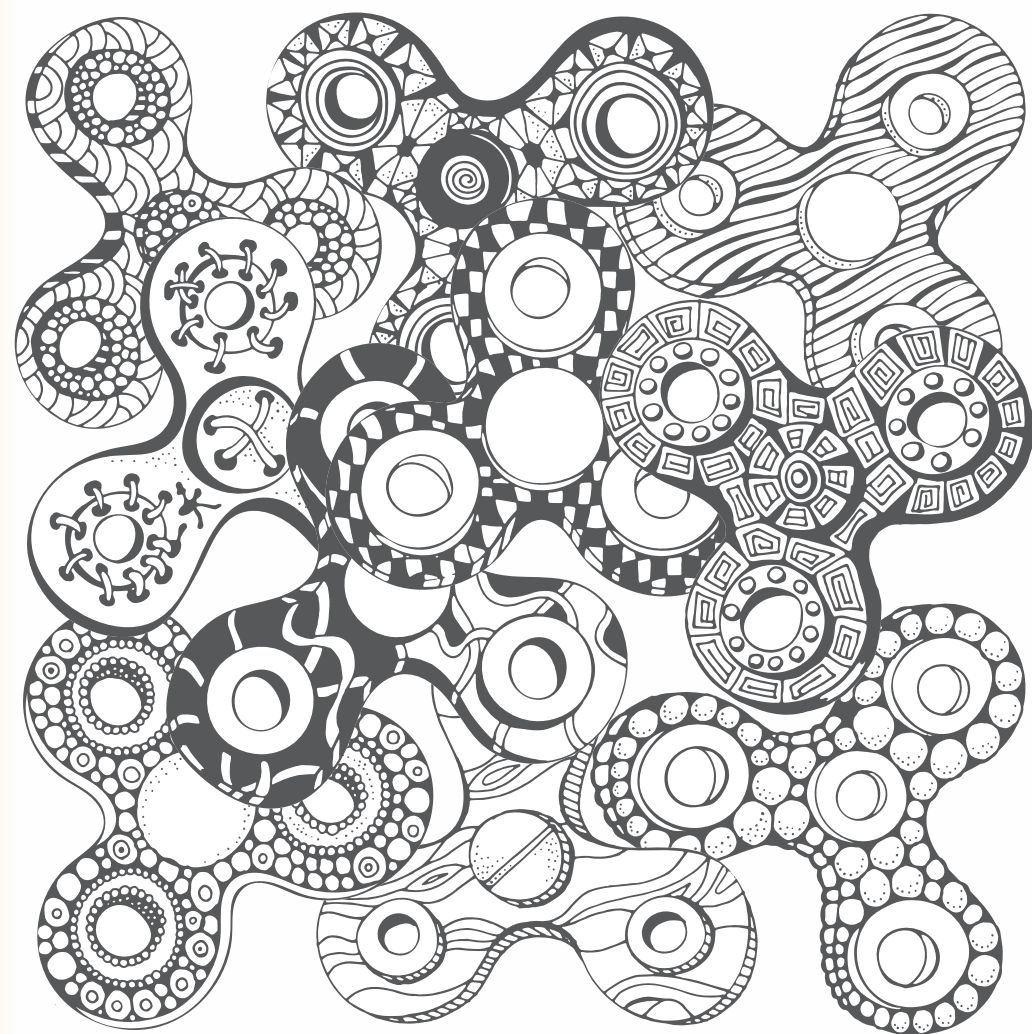
Milk
Iced Tea
Sweet Tea

Dr. Pepper
Diet Dr. Pepper
Pepsi

Diet Pepsi
Tropicana Lemonade
Sierra Mist



COLOR THESE SPINNERS

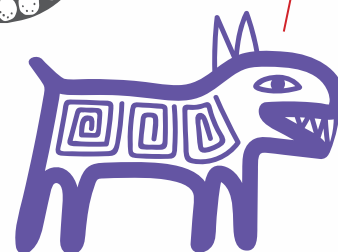


MEET THE CHEFS!

Medical City Children's Hospital and Cristina's 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.

Individual items and meals provided by Cristina's 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.

kids-teaching-kids.com | MedicalCityChildrensHospital.com | cristinasmex.com



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