

## \$6 KIDS MEALS

### CREATE YOUR OWN BOWL

Get creative and build your own meal!

### MIGHTY MACARONI & CHEESE

Cheesy Kraft™ macaroni and cheese. (430 cal.)

### Kids Fit Menu!



Medical City Children's Hospital and Genghis Grill have teamed up to build a Kids Fit Menu®, featuring nutritionally sound creations from Texas ProStart® Culinary Students! Order from your server, and we will bring it to you!

### FAVORITA FAJITA BOWL

EAST MEETS WEST

Tasty steak with green bell peppers, cabbage, potatoes, corn and cilantro with just the right amount of lemon pepper and our Kid-Approved Roasted Garlic Sauce. Served with steamed white rice. (420 cal.)

Created by Brewer High School students Rebecca Lares & Seth Caldwell

### OPEN SESAME BOWL

YOUR GATEWAY TO GENGHIS

Premium Sliced Beef with a touch of garlic, baby corn, broccoli, carrots, green beans, pineapple, and Udon Noodles topped with Sesame Sauce. (480 cal.)

Created by Dan Dipert Career and Technical Center students Jasmine Anderson, Kaleb Brown & Trevor Schappaugh

### GENGHIS JR. BOWL

THIS ONE GETS AN A+

Meatballs seasoned with garlic and black pepper, corn, broccoli, tomatoes, carrots, pineapple, basil, Kid Approved Roasted Garlic Sauce and Spiral Pasta. (540 cal.)

Created by Gene Burton College and Career Academy students Anne Keener, Natalie Vickers & Sydney Jorif

### MONGURRITO

A KID-APPROVED FUSION SURE TO DELIGHT

Korean BBQ Pork, green bell pepper, cabbage, zucchini, pineapple, cilantro, garlic and ginger water. Served with flour tortillas. (340 cal.)

Created by Ben Barber Innovation Academy students Kelsyn Hart, Candice Jones & Taylor Givens

CREATED FOR KIDS, BY KIDS!

## BEVERAGES

All kids meals include choice of beverage with free refills.

MILK (110 CAL.)

CHOCOLATE MILK (210 CAL.)

APPLE JUICE (80 CAL.)

CRANBERRY JUICE (90 CAL.)

ORANGE JUICE (120 CAL.)

PINEAPPLE JUICE (90 CAL.)

COCA-COLA (60 CAL.)

DIET COKE (0 CAL.)

COCA-COLA ZERO (0 CAL.)

SPRITE (60 CAL.)

DR PEPPER (70 CAL.)

MINUTE MAID LEMONADE (80 CAL.)



\*1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary. Additional nutritional information is available upon request and on [genghisgrill.com](http://genghisgrill.com).

Get a  
**FREE GIFT**  
courtesy of



[kids-teaching-kids.com](http://kids-teaching-kids.com) | [MedicalCityChildrensHospital.com](http://MedicalCityChildrensHospital.com) | [GenghisGrill.com](http://GenghisGrill.com)

Individual items and meals provided by Genghis Grill 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.

# GENGHIS GRILL®

## KIDS MENU



FOR KIDS 11 AND UNDER