

Kids Fit Menu! SM

Featuring 2 servings of fruits and vegetables!

Build Your Own Meal!

For kids 12 and under

Kids Fit Meal includes apple juice (100 CAL), choice of 1 entrée and 1 side

Entrées

(Pick One)

\$4.99

Tostada* - Kids Fit Menu! SM Invitational 2017 Winner! (250-280 CAL)

Crispy Chalupa Shell Topped with Black Bean and Veggie Purée, and Your Choice of:

- Shredded Brisket with Queso Fresco
- Shredded Chicken with Queso Fresco
- Shredded Cheddar Cheese

Each Served with Rice and Mexican Salad

Rollie Pollie Quesadilla* (250 CAL)

Flour Tortilla, Shredded Chicken, Diced Yellow Squash, Cheese

Chicken Soft Tacos* (280 CAL)

2 Corn Tortillas, Shredded Chicken, Red Bell Pepper, Avocado, Cheese, Sour Cream

Sides

(Pick One)

Cinnamon Oranges* (35 CAL)

Mandarin Oranges with Cinnamon Sprinkled on Top

Steamed Veggies (20 CAL)

Yellow Squash and Zucchini Bites, Steamed on the Grill

Sweet Nachos* (170 CAL)

Sweet and Crispy Apple Slices Sprinkled with Cinnamon, Raisins and Topped with Whipped Cream

**kids teaching kids recipe*



Turn over to meet the kids teaching kids chefs!



EL FENIX [®]

KID'S MENU

For kids 12 and under

\$4.99

INCLUDES CHOICE OF DRINK

Iced Tea (2 CAL) • Milk (225 CAL) • Lemonade (75 CAL)
Orange Juice (40 CAL) • Pineapple Juice (100 CAL) • Coke® (70 CAL)
Sprite (70 CAL) • Dr. Pepper (75 CAL) • Barq's Root Beer (80 CAL)
Fanta Orange (80 CAL)

Lil' Martinez' Chilada (470-600 CAL)

Choice of: One Cheese Enchilada with Chili con Carne

OR One Beef Enchilada with Chili con Carne

OR One Sour Cream Chicken Enchilada, Served with Rice and Beans

Chicken Fingers (840 CAL)

Served with French Fries

Tina's Tamale (460 CAL)

One Beef Tamale with Chili con Carne, Served with Rice & Beans

Macaroni and Cheese (350 CAL)

Paco's Tacos (490-530 CAL)

Choice of: One Crispy Meat Taco

OR One Soft Cheese Taco, Served with Rice and Beans

Mama Cha Cha's Quesadilla (530 CAL)

Cheese Quesadilla, Served with Rice and Beans

Lil' Amigo's Sliders (630-730 CAL)

Choice of: Hamburger

OR Cheeseburger, Served with French Fries

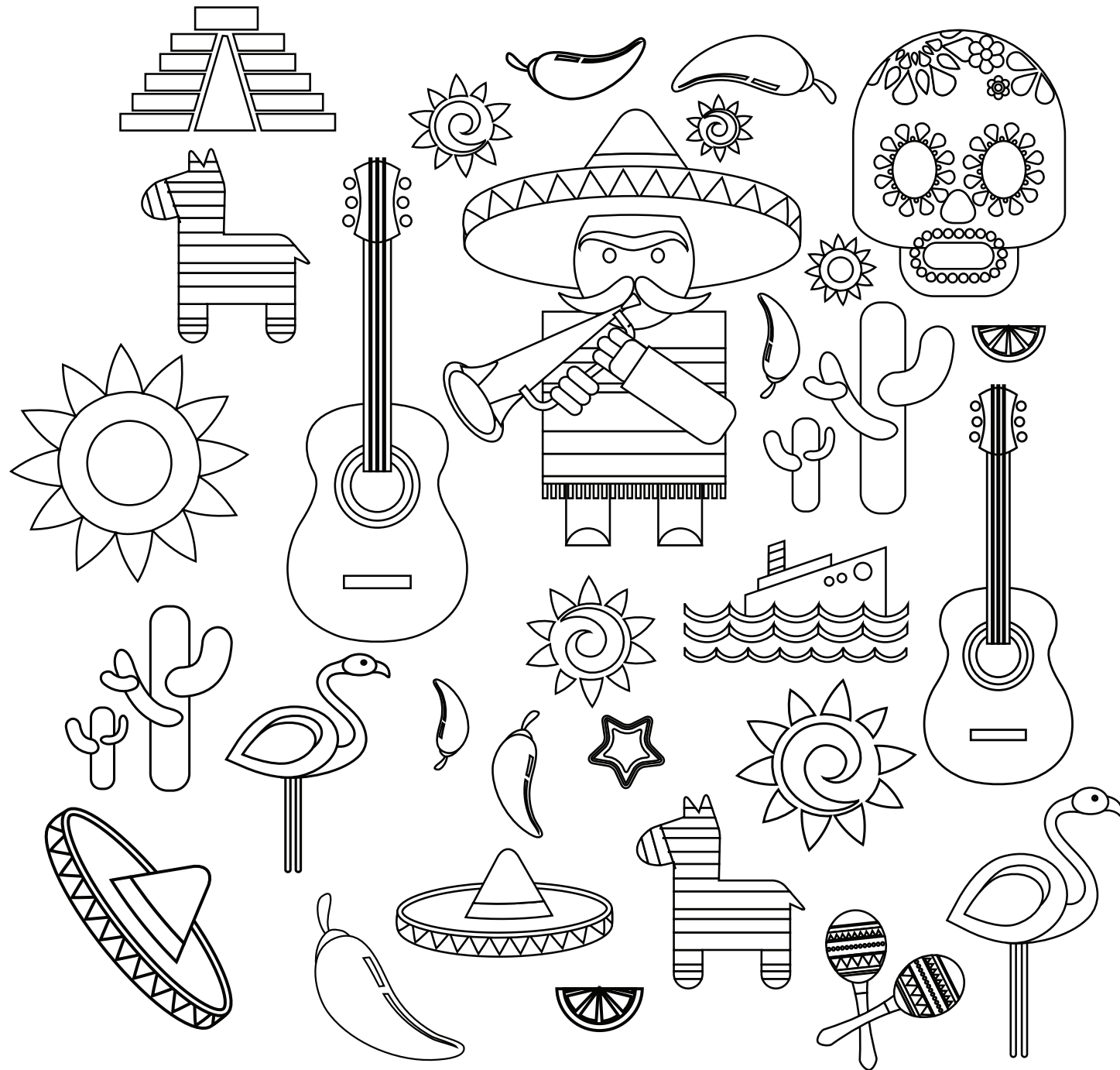
Grilled Cheese Sandwich (720 CAL)

Served with French Fries

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary. Additional nutrition information available upon request.

 flip over
for fun
games

Color These Symbols Of Mexico



WORD SEARCH PUZZLE

C	A	R	R	O	T	R	W	P	E
P	E	P	P	W	Q	X	R	U	G
C	T	O	M	A	T	O	A	M	G
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P	E	P	P	W	Q	X	R	U	G
C	A	R	R	O	T	R	W	P	E



Meet the chefs!

Medical City Children's Hospital and El Fenix 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

Entrees and Sides

Tostada

Juan Altamirano, William Perez, Erick Rodriguez, from **Jack E. Singley Academy – Irving ISD – Kids Fit Menu Invitational Winner 2017**

Rollie Pollie Quesadilla / Sweet Nachos

Garret Cohron, Elvia Martinez, Lyric Boyea, Brittney Hathcoat, Brenda Gallegos, Errol Russell from **Wylie High School**

Chicken Soft Tacos

Karina Barrientos, Daisy Cuellar, Evelyn Perez, Hugo Torres, Beverly Trevino from **Irving HS**

Cinnamon Oranges

JonLuke Santillana, Kris Kritts from **Newman Smith HS**

FREE!

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2. Complete online form
3. Your gift will be mailed to you!