

# Kids Fit Menu!

# EL FENIX®

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 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!



## 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)**

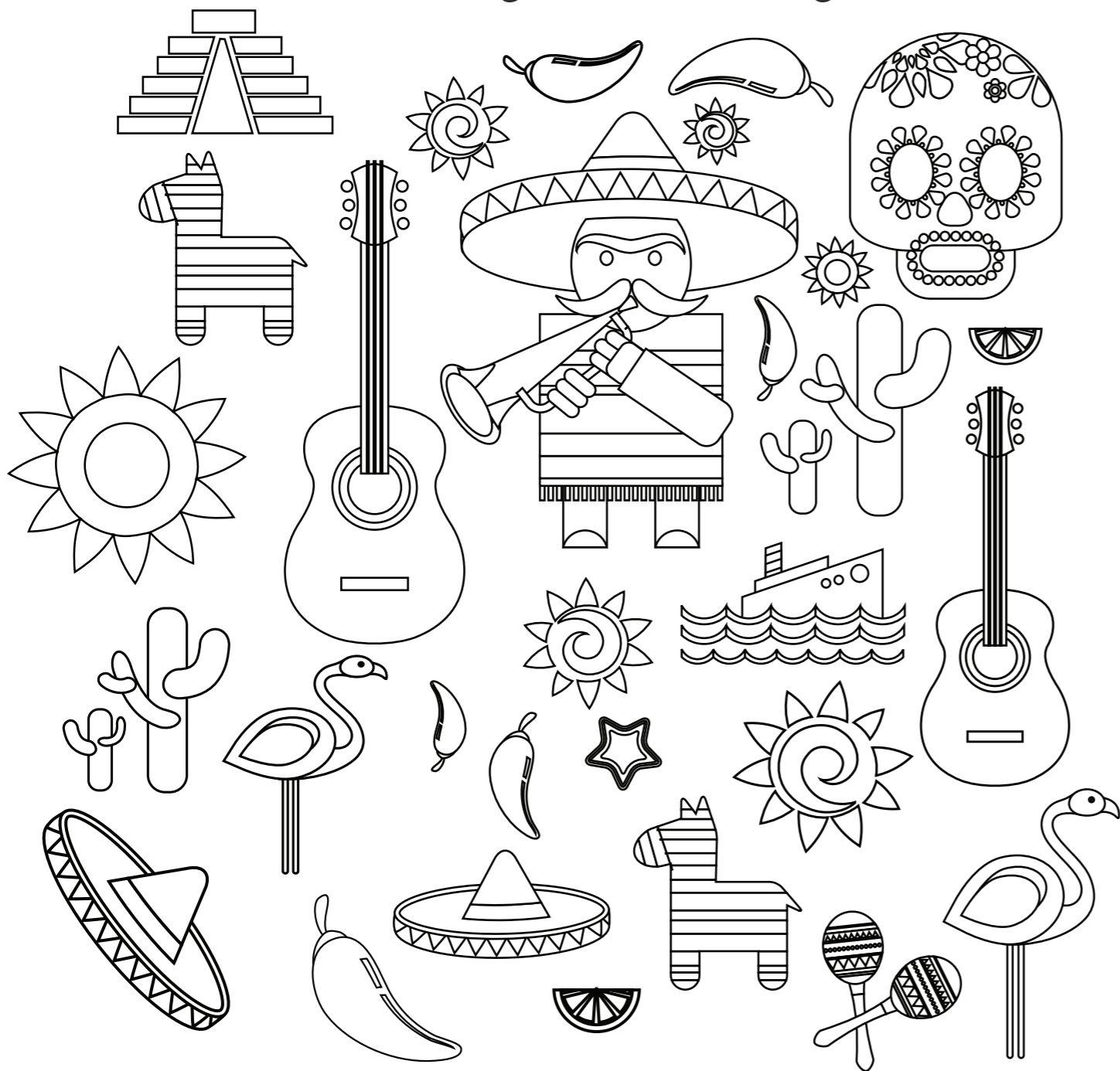
Served with French Fries

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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N	P	E	P	P	E	R	S	I	A
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R	R	T	E	T	O	M	I	K	L
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C	U	C	U	M	B	E	R	A	Q
W	R	G	D	W	S	A	A	F	I
P	O	T	A	F	P	G	T	S	F



## 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](http://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 Kritt from **Newman Smith HS**

Get a **FREE** Medical City Children's Hospital Light-Up Slap Band!



With a press of a button, this slap stick band features 3 different modes of light: slow flashing, solid light and strobe flashing.

1. Go to [www.kids-teaching-kids.com/gift](http://www.kids-teaching-kids.com/gift)
2. Complete online City Kitty Club form
3. Your gift will be mailed to you!