

Breakfast

Scrambled Eggs with Bacon & Fruit
(450 cal.)

Waffle with Strawberries
(250 cal.) Syrup on side (100 cal.)

Yogurt with Blueberries
or Strawberries
(135 cal.)

Oatmeal with Blueberries,
Strawberries or Raisins
(60-110 cal.)

Kids Fit Menu!

Apple Cinnamon Crêpe
(360 cal.)

Spiced apples, vanilla yogurt & crunchy granola folded in a house-made cinnamon crêpe.

10 and younger, s'il vous plaît.

\$5.29

All served with choice of:

Horizon Organic® Milk
(110 cal.)

or

Honest Kids® Apple Juice
(40 cal.)



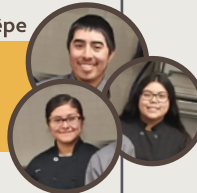
Meet the Chefs

Medical City Children's Hospital and la Madeleine 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

Apple Cinnamon Crêpe

Recipe created by Jacob Hernandez,
Jisel Rodriguez & Abigail Morin
Northside High School - Ft. Worth, Texas



Ooh La La Chicken

Recipe created by Mark Torres
South Hills High School - Ft. Worth, Texas



Lunch & Dinner

with choice of:

Fruit Salade or Strawberries (30 | 25 cal.)

Turkey or Ham & Cheddar Croissant
(280 cal.)

Grilled Cheese on Seven Grain
(440 cal.)

Cheese Pizza
(480 cal.)

Chicken Pesto Pasta
(480 cal.)

Chicken & Cheese Pasta
(450 cal.)

Kids Fit Menu!

Ooh La La Chicken
(340 cal.)

Balsamic-marinated chicken, rice Provençal & broccoli sautéed with creamy Gruyère cheese sauce. Served with fresh fruit salade.

Word Find

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

BONJOUR	AUREVOIR
BAGUETTE	PARFAIT
FRANCE	BONAPPETIT
MERCI	JETAIME

French Lessons

Au Revoir	Enjoy your meal
Bon Appetit	Hello
Bonjour	Thank you
Je T'aime	Goodbye
Merci	I love you

Match the French word on the left to its English translation on the right.

FREE GIFT!

Get a FREE Medical City Children's Hospital LIGHT-UP SLAP BAND!



1. Go to www.kids-teaching-kids.com/gift

2. Complete the online form

3. Your gift will be mailed to you!

Additional nutrition information available upon request. 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.