

# Kids Fit MENU!

**Featuring 2 servings of fruits  
and veggies in every Kids Fit meal!**

*All meals served with 100% apple juice  
No refills, please.*

## ☐ Sunrise Scramble\*

This bright breakfast taco comes with scrambled eggs, diced ham, cheese, tomatoes, broccoli, and our homestyle potatoes on top of a flour tortilla. Served with strawberries and bananas!

**\$8.39 (400 CAL)**

## ☐ Piggy Party\*

Have a party at breakfast with these pigs in a blanket! This plate comes with two turkey sausage links wrapped inside of a pancake. Served with strawberries and bananas!

**\$8.19 (450 CAL)**

## ☐ French Toasties\*

This sweet treat is our traditional French toast dusted with cinnamon sugar with a side of berry yogurt for dunking. Served with strawberries and bananas and some of our yummy homestyle potatoes.

**\$6.99 (470 CAL)**

Kid's Menu  
prices  
for ages  
12 and under

Turn over to  
meet the Kids  
Fit Menu  
chefs!



## Kid's Menu

(Pick Your Favorite)

*All meals include choice of apple juice (180 CAL)  
or milk (120-225 CAL)  
No refills, please.*

### ☐ Junior Chocolate Chip, Banana or Blueberry Pancakes

Your choice of 3 chocolate chip, banana or blueberry pancakes.  
**\$7.49 (1010/810/700 CAL)**

### ☐ Junior Egg and Pancakes

1 egg prepared how you like and 3 buttermilk pancakes.  
**\$6.99 (760-780 CAL)**

### ☐ Junior Cakes and Bacon

3 buttermilk pancakes and 2 strips bacon.  
**\$8.19 (770 CAL)**

### ☐ Junior Cakes and Sausage

3 buttermilk pancakes and 2 sausage links.  
**\$7.89 (1180 CAL)**

**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.**

\*Kids Teaching Kids Recipes

[kids-teaching-kids.com](http://kids-teaching-kids.com) | [MedicalCityChildrens.com](http://MedicalCityChildrens.com) | [ophdfw.com](http://ophdfw.com)

# Coloring Fun!



## Meet the chefs!

Medical City Children's Hospital and The Original Pancake House have teamed up to build a Kids Fit Menu using recipe creations from Texas ProStart high school students and graduates. To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com).

### 2018 Kids Fit Menu Internship Meal Creations

- Sunrise Scramble
- Piggy Party
- French Toasties

– Evan Scott, Rockwall High School Graduate & Preslie Mann from Dr. Gene Burton College & Career Academy-Rockwall ISD

#### Disclaimer:

Individual items and meals provided by The Original Pancake House 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. By completing the online form for the free gift you agree to opt-in our newsletter.

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.

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