

KIDS MENU

For kids 12 and younger



Enchilada Plate



Pick your enchilada - beef, chicken or cheese.
Served with Mexican rice and refried beans.

\$5.29 [660-830 CAL]

Corn Dog



All of your hot dog goodness on a stick.
Served with french fries.

\$5.29 [580 CAL]

Build-Your-Own Mini Tacos



Calling all taco chefs! Three mini crispy taco shells, seasoned ground beef, mixed cheese, lettuce and tomatoes. Served with Mexican rice and refried beans.

\$5.99 [810 CAL]

Border Chicken Strips



A fan favorite! Three all-white meat crispy chicken tenders. Served with french fries.

\$5.49 [820 CAL]

Kids Fit Meal!



Kids Fit Meal created by Texas ProStart® students Evan Scott, Madison Alexander and Preslie Mann, Rockwall High School.



Cheesy Chicken Taquitos



Two taquitos filled with chicken, corn & cheese. Served with a side of queso, seasonal fruit, a mini sopapilla and a glass of orange juice.

\$6.49 [520 CAL]

Big Kids Nachos



Nachos amped up! Big nacho chips topped with refried beans, seasoned ground beef, mixed cheese and our famous queso.

\$5.99 [840 CAL]

Sub fajita chicken for \$.50 [710 CAL]

Grilled Chicken Soft Taco



Mesquite-grilled chicken in a flour tortilla. Served with mixed cheese, lettuce, tomatoes, Mexican rice and refried beans.

\$5.99 [700 CAL]

Cheese Quesadilla



It's like a grilled cheese, but with a tortilla cut into 4 triangles. Served with french fries.

\$5.29 [1210 CAL]

Add fajita chicken for \$1.50 [add 80 CAL]

Drinks

Meals include choice of drink, unless otherwise noted.

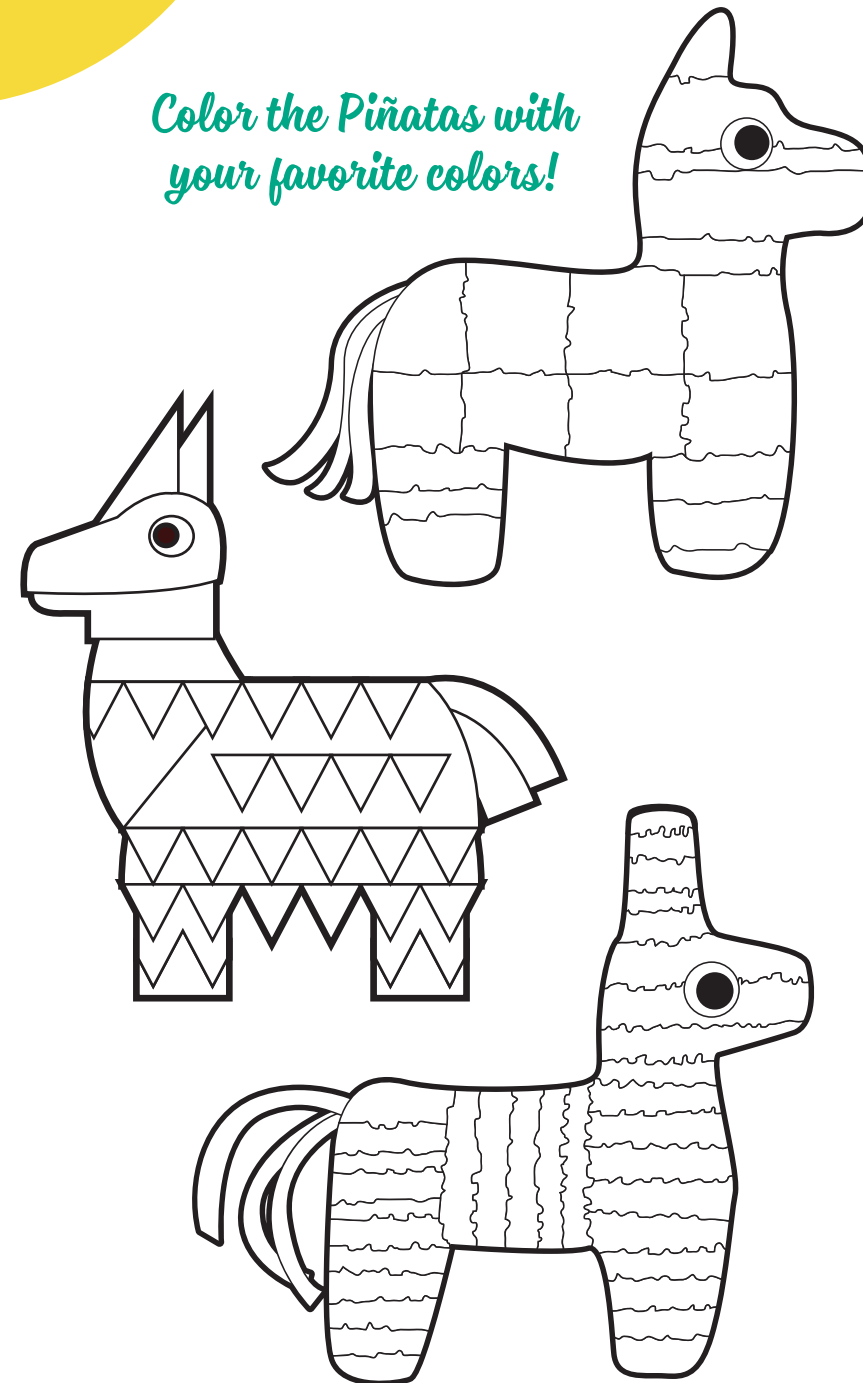
- ♦ Milk [add 150 CAL]
- ♦ Juice [Orange, Apple, Cranberry] [add 100-140 CAL]
- ♦ Strawberry Lemonade [add 130 CAL]
- ♦ Soft Drinks Upon Request [add 0-120 CAL]

We proudly serve Coca-Cola® products.

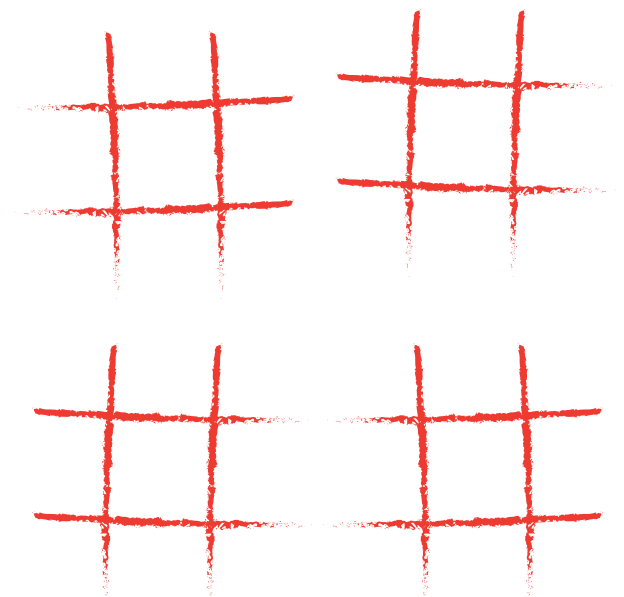
Ask for your free Mini Sopapillas (310 CAL) or Ice Cream Sundae (220-260 CAL) for dessert - after you ask your parents, of course.

Disclaimer: The Kids Fit Meal provided by On The Border was 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 mailing in for the free gift, you agree to opt-in for our newsletter.

Color the Piñatas with your favorite colors!



Find the way to the flower!



Free

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!

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.

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