

# Kids Fit MENU!

*For kids 12 and under*

Features 2 servings of fruits and veggies in every Kids Fit Meal.

Kids Fit Meal includes choice of 1 entrée and 1 side.  
All meals served with cinnamon oranges\* and Kids Fit Fruity Water beverage.

## Entrées (Pick One)

**\$ 4.79**

- Grilled BBQ Chicken Sandwich\***  
*Kids Fit Menu Invitational Winner!*

Seasoned grilled chicken tenders, Dr. Pepper BBQ sauce, romaine lettuce, tomato on toasted sourdough bread

- Turkeytastic Lettuce Wraps\***

4 romaine lettuce leaves filled with oven-roasted turkey breast, shredded cheese, carrot shreds and honey mustard dressing

- Grilled Fajita Chicken Strips & Mashed Potatoes**

5 grilled chicken breast strips, served with mashed redskin potatoes

- Turkey Avocado Sandwich\***

Hamburger bun, topped with sliced avocado, oven-roasted turkey breast, lettuce, tomato, and drizzled with red wine vinegar and olive oil



Turn over to meet the Kids Fit Menu chefs!

## Sides (Pick One)

- Veggie Sticks & Ranch Dip\***  
*Kids Fit Menu Invitational Winner!*

Sliced carrot and celery sticks served with Lite Ranch Dressing

- Cheesy Broccoli\***

Steamed broccoli topped with shredded cheese blend

### Kids Fit Fruity Water (choose your combination)

Ice water with your choice of fresh fruit.

- Lemon  Lime  Cherry  Strawberry

\*kids teaching kids<sup>SM</sup> recipe

[kids-teaching-kids.com](http://kids-teaching-kids.com) | [mcchildrenshospital.com](http://mcchildrenshospital.com) | [snuffers.com](http://snuffers.com)

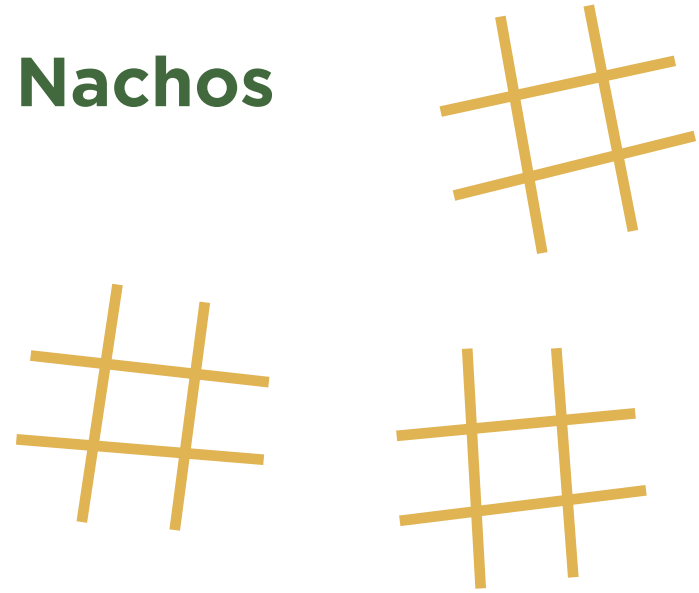
Disclaimer: Individual items and meals provided by Snuffers were reviewed by a Medical City Children's Hospital Registered Dietitian using Nutribase software. The accuracy of the information is an approximation and may vary due to several factors including, but not limited to change in ingredients and product information.

# Kids MENU

All kids meals are served with fries and a soft drink.

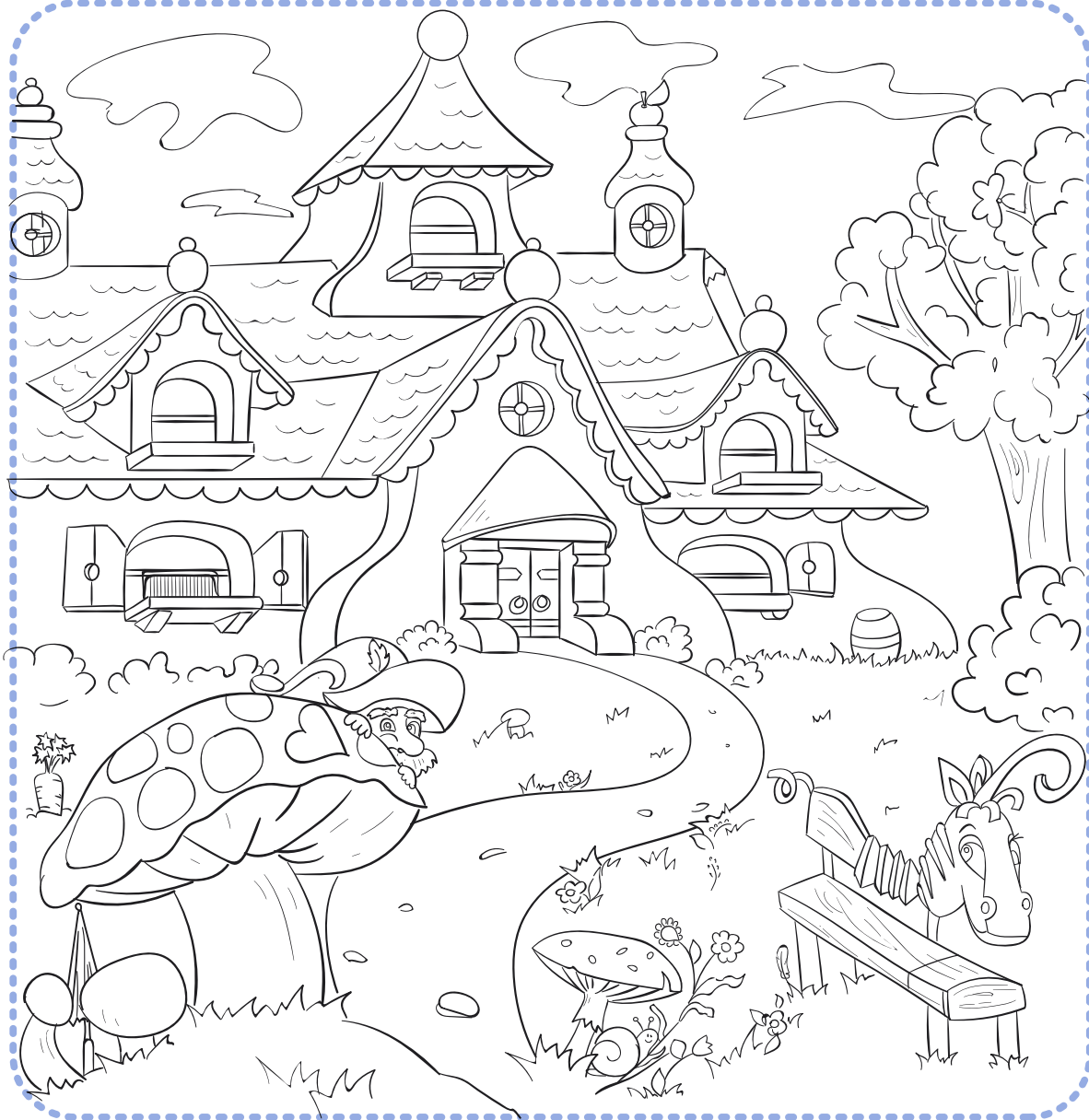
**\$ 4.79**

- Burger**
- Chicken Strips**
- Grilled Cheese**
- Mini Corn Dogs**
- Quesadilla**
- Nachos**

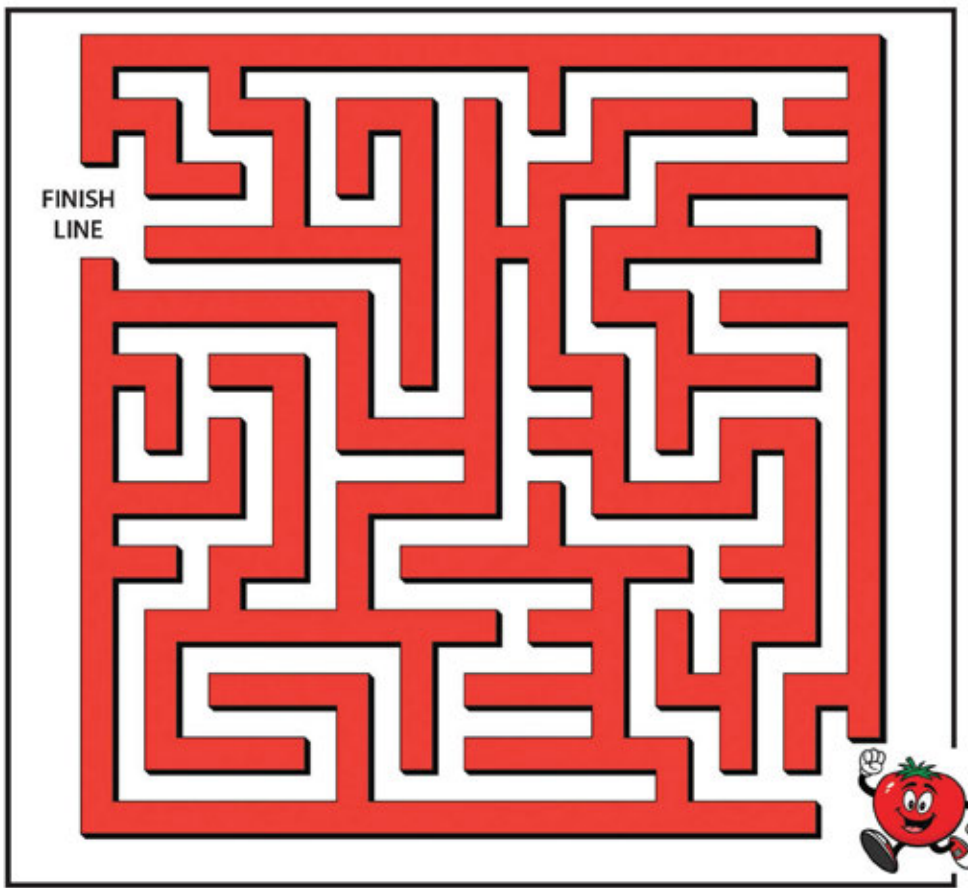


CAN YOU FIND THESE THINGS IN THE BIG PICTURE?

-   
heart
-   
spoon
-   
feather
-   
book
-   
comb
-   
snail
-   
apple



-   
mushroom
-   
carrot
-   
butterfly
-   
leaf
-   
barrel
-   
umbrella



## Meet the chefs!

\*Medical City Children's Hospital and Snuffer's 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).

- Grilled BBQ Chicken Sandwich  
Veggie Sticks & Ranch Dip  
-Cailey Castillo, Stephanie Garcia, Erika Maldonado from **Dubiski Career High School – Grand Prairie – 2017 Kids Fit Menu Invitational Winners!**

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- Turkeytastic Lettuce Wraps  
- Caleb Born, Lindsey Mauldin from **Richardson High School 2010**

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- Turkey Avocado Sandwich  
Cheesy Broccoli  
-Kathryn Osteen, Marissa Bailey, Dulce Huesca, Brie Griffith, Alyssa Brown, Marcus Moehler from **Rockwall High School 2014**

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- Cinnamon Oranges  
-JonLuke Santillana, Kris Kritts from **Newman Smith High School 2011**

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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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3. Your gift will be mailed to you!