

# KIDS

## NOT SO FAST!

We know you may be young at heart, but these meals are for kids 12 and under.

### Kids Fit Menu!

#### MINI TACOS 6

Two mini chicken tacos + cheese + lettuce + tomato + served with fresh strawberries & Bavarian cream  
270 CAL.

RECIPE CREATED BY:  
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From Plano East  
Senior High School

For more info, please visit  
[WWW.KIDS-TEACHING-KIDS.COM](http://WWW.KIDS-TEACHING-KIDS.COM)



Kids Fit item 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, changes in ingredients and product information.

**SERVED WITH YOUR CHOICE OF:**  
**CARROT STICKS** (35 CAL.), **FRUIT CUP** (70 CAL.),  
**FRENCH FRIES** (690 CAL.) **OR TATER TOTS** (600  
CAL.) + **A SODA** (0-110 CAL.) **JUICE** (110-130  
CAL.) **OR MILK** (260 CAL.).

#### CHICKEN BITES 6

Three tempura-battered chicken breast tenders + BBQ, ranch or honey mustard dipping sauce  
270 CAL.

#### GRILLED CHEESE 6

Panini bread + American cheese  
270 CAL.

#### MINI HOT DOGS 6

Two mini dogs  
270 CAL.

#### JR CHEESEBURGER 6

2 oz. Angus burger + American cheese  
270 CAL.

**THESE ITEMS SERVED MONDAY-FRIDAY,  
OPEN-NOON AND WEEKENDS, OPEN-2 P.M.**

#### JR BREAKFAST SKILLET 6

Texas Toast + bacon + scrambled eggs  
270 CAL.

#### JR FRENCH TOAST 6

Caramelized Texas Toast + strawberries + powdered sugar + maple syrup  
270 CAL.

# BEVERAGES

#### ENERGY 4

Red Bull Energy Drink (270 CAL.)  
Red Bull Sugarfree (270 CAL.)  
Red Bull Blue Edition (270 CAL.)  
Red Bull Orange Edition (270 CAL.)  
Red Bull Yellow Edition (270 CAL.)

#### OTHER BEVERAGES

Gatorade  
**Lemon Lime (270 CAL.) or Fruit Punch (270 CAL.) 3**  
Flavored Iced Tea  
(Mango or Peach) (270 CAL.) **3**  
Gosling's Ginger Beer (270 CAL.) **3**  
Fresh Brewed Coffee & Tea (270 CAL.) **2.5**

#### FOUNTAIN DRINKS 2.5

Pepsi (270 CAL.)  
Diet Pepsi (270 CAL.)  
Dr Pepper (270 CAL.)  
Mountain Dew (270 CAL.)  
MUG Root Beer (270 CAL.)  
Tropicana Lemonade (270 CAL.)  
Mist TWST (270 CAL.)  
SoBe Lifewater Yumberry  
Pomegranate (270 CAL.) **3**

#### H2O

LIFE WTR (270 CAL.) **4**  
Aquafina (270 CAL.) **3**  
Topo Chico Sparkling Mineral Water  
*Regular* (270 CAL.), *Twist of Grapefruit* (270  
CAL.) or *Twist of Lime* (270 CAL.) **4**

\*Additional nutrition information available upon request.

\*These menu items are cooked to order. Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. Products containing tree nuts and peanuts are stored in this kitchen and may have come in contact with other food items. Before placing your order, please inform your server if a person in your party has a food allergy.