

Kids meals served with milk, apple juice or soft drink. For kids 12 and under.

Grilled Cheese
4.99

Served with a choice of one side

Mac & Cheese
4.99

A traditional favorite with two creamy cheeses, served with toasted garlic bread

Chicken Tenders
4.99

Hand-breaded tenders served with homemade ranch dressing and one side

Penne Pasta Marinara
4.99

Penne pasta with mild marinara sauce, served with toasted garlic bread

Junior Burger
4.99

A quarter-pound burger served plain with one side

Grilled Chicken
4.99

Grilled or BBQ chicken over seasoned rice with one side

Sides: Steamed Fresh Broccoli • Buttered Off-The-Cob Corn • Freshly Made Coleslaw • French Fries • Idaho Mashed Potatoes • Homemade Black Beans
Mac & Cheese • Broccoli Cheese Casserole • Baked Sweet Potato • Loaded Baked Potato • Seasoned Rice • Southern Green Beans



Medical City Children's Hospital and Cheddar'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

Featuring 2 servings of fruits and veggies! Kids Fit Meals include 100% Apple Juice.

Pizza Dippers
5.29

Pizza flatbread with vegetable marinara, mozzarella and grilled chicken.
Served with a side of glazed tropical fruit



Meet the chefs:
Abelardo Villegas, Hope Cachay from
Jack E. Singley Academy, Irving ISD

Honey Lime Chicken Wrap
4.99

Grilled chicken, cheddar and jack cheese, crisp vegetables and honey lime dressing.
Served with strawberries and key lime mousse for dipping



Meet the chefs:
Kaitlyn Flenker, Vivian Martin
from Buinger Career & Technical
Education Academy, HEB ISD

Disclaimer: Kids Fit menu items and meals provided by Cheddar's 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.
Consuming raw or undercooked foods may increase the risk of foodborne illness.

GET TO KNOW YOUR FAMILY!

Take turns asking the following questions out loud and have each family member answer. What do you think they'll say?



1. What has been the happiest day of your life so far?
2. If you could be any animal, which kind of animal would you choose?
3. If you had just one wish, and it couldn't be for more wishes, what would you wish for?
4. If you could only keep three items from your room, which ones would you pick?
5. If we went on a month-long vacation and you could stay with anyone you wanted while we were gone, who would you want to live with?
6. What are the qualities that make you a good friend?
7. What three words would you use to describe yourself?
8. What is the nicest thing a friend has ever done for you?
9. If you couldn't watch TV or go online for a month, what would you do to keep yourself entertained?
10. If you could be a famous person for a week, who would you be?
11. What have you done to help someone this past week?
12. If you could invent any holiday, what would you call it? How would you celebrate it?