

Kids Fit Menu!

For kids 12 and under
Features 2 servings of fruits and/or veggies
in every Kids Fit Meal.

Kids Fit Meal includes choice of 1 entrée and 1 side.
All meals served with carrot & celery sticks with Ranch dressing
and Kids Fit Fruity Water beverage.

ENTRÉES - (PICK ONE) \$5.50

- 1 Grilled Turkey & Cheese**
Half sandwich with turkey, Swiss cheese and
mustard on white bread
- 2 Grilled Chicken Panini**
Marinated chicken breast, Cheddar cheese, lettuce,
tomato slice and mayo on sourdough bread
- 3 Grilled Chicken Strips**
Marinated grilled chicken breast strips

SIDES - (PICK ONE)

- **Fruit Cup**
Combination of blueberries, strawberries and
orange slices
- **Cinnamon Oranges**
Mandarin oranges sprinkled with cinnamon

KIDS FIT FRUITY WATER

Ice water with your choice of floating fresh fruit

- Lemon
- Orange

**MEET
THE CHEFS!**
Flip the menu over
to meet the
Kids Fit Menu®
chefs!

V
village burger bar

For kids 12 and under

KIDS MEALS \$5.50

served with fries and a small drink

- 1 Small Cheeseburger**
- 2 Chicken Tenders**
- 3 Hot Dog**
- 4 Grilled American Cheese**
- 5 Grilled Ham & American Cheese**

SWEET THINGS

All made with Henry's Ice Cream from Plano, Texas.

Classic Shakes 4.50
vanilla, chocolate or strawberry

Decadent Shakes 5.50
vanilla, chocolate or strawberry + candy pieces

Ice Cream Cookie Sandwich 3.50

St. Arnold's Draft Root Beer Float 4.50

IT TAKES A VILLAGE

Ask how we can help raise money for your organization.

VillageBurgerBar.com  

MEET THE CHEFS!

Medical City Children's Hospital and Village Burger Bar 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.



Grilled Turkey & Cheese Sandwich
Carrot & Celery Sticks with Ranch dressing
Fruit Cup

Richard Nguyen & Tania Rivera from Jack E. Singley Academy – Irving ISD – **2019 Kids Fit Menu Invitational Winner!**



Grilled Chicken Panini

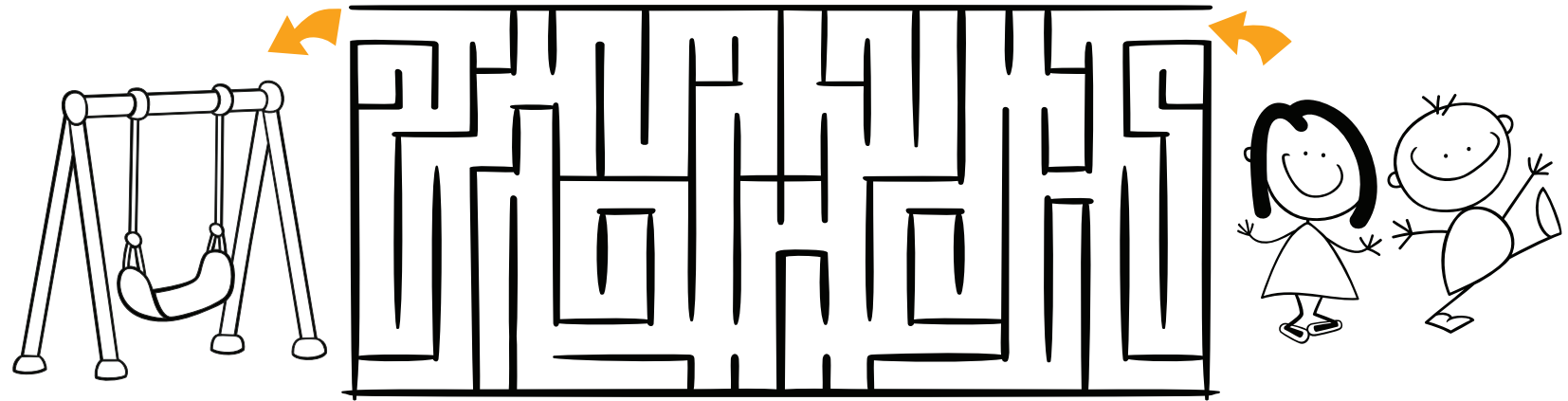
Houston Dockins & Jared Huerta from Mesquite High School – Mesquite ISD – **2019 Kids Fit Menu Invitational Winner!**

Cinnamon Oranges

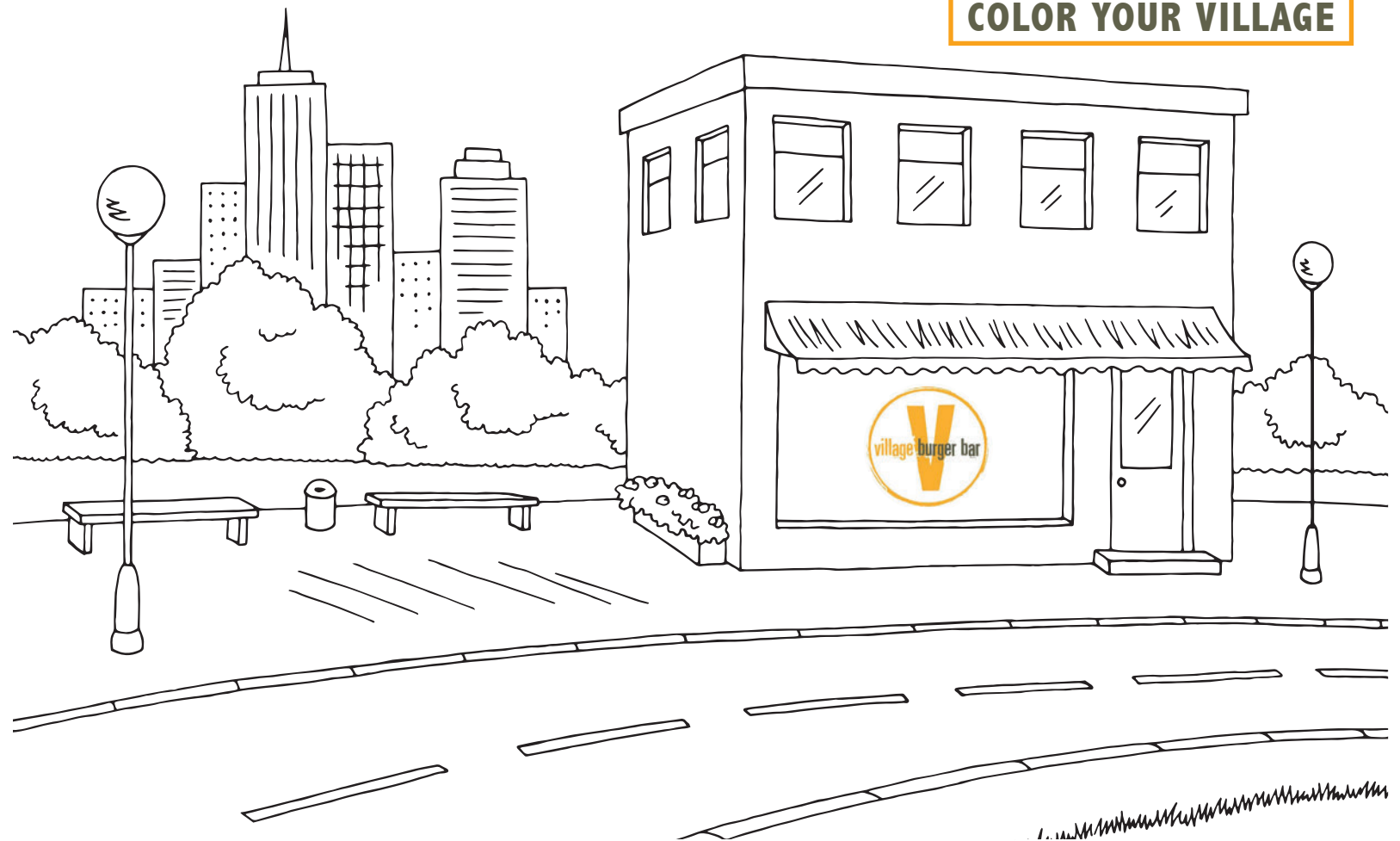
JonLuke Santillana, Kris Kritts from Newman Smith High School – Carrollton ISD – 2011

Individual items and meals provided by Village Burger Bar 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. Medical City Children's Hospital is not responsible for such variations, or the quality or content of the meals served.

FIND THE PLAYGROUND



COLOR YOUR VILLAGE



Get a **FREE** Medical City Children's Hospital gift!

1. Go to www.kids-teaching-kids.com/gift
2. Complete online form
3. Your gift will be mailed to you!