

Kids Fit Menu!

Kids Fit Meal includes choice of 1 entree, 1 side and 1 dessert.
Features 2 servings of fruits and veggies in every Kids Fit Meal.

ENTREES (CHOOSE ONE)

CHICKABITES* \$3.99 (140 Cal)

Grilled chicken bites.
Served with garlic toast.

CHICKADEE BOWL* \$3.99 (220 Cal)

Mashed potatoes topped with
corn & grilled chicken.
Drizzled with brown gravy.

SILLY STRING* \$3.99 (180 Cal)

Spaghetti, marinara and
parmesan cheese.
Served with garlic toast.

SIDES (CHOOSE ONE)

CHEESY BROCCOLI* (45 Cal)

Steamed broccoli with cheddar cheese.

HONEY GLAZED BABY CARROTS* (60 Cal)

DESSERTS (CHOOSE ONE)

BANANA SUNDAE* (90 Cal)

Warm banana topped with strawberries, a dollop of
vanilla ice cream, a drizzle of chocolate syrup.

FRUIT PARFAIT* (70 Cal)

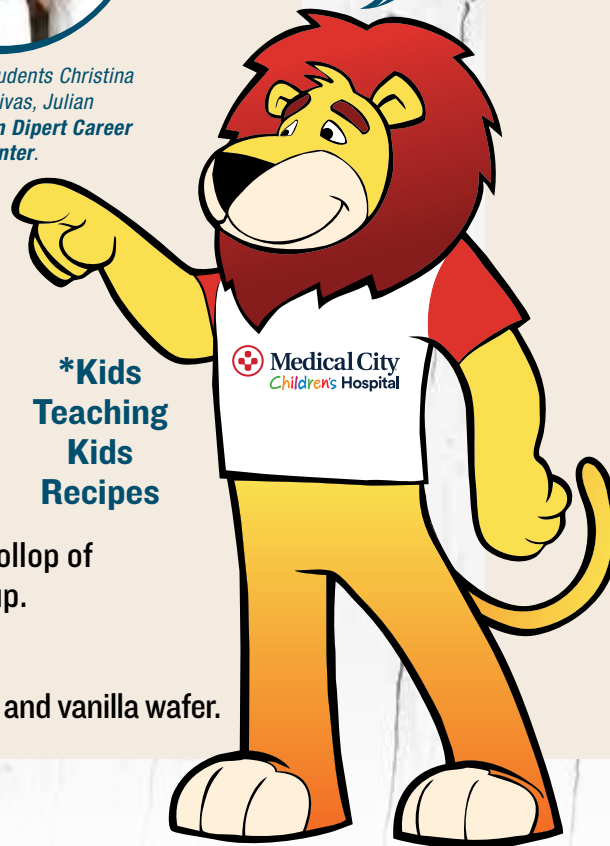
Sliced strawberries & banana, whipped cream and vanilla wafer.

Texas ProStart® student
Rhonda Ontiveros from
Birdville Center of
Technology and
Advanced Learning.



Texas ProStart® students Christina
Phan, Matthew Guivas, Julian
Gonzalez from Dan Dipert Career
and Technical Center.

Turn the menu
over to meet all the
kids teaching kids
chefs!



*Kids
Teaching
Kids
Recipes



KIDS MENU

Kids Menu prices for ages 12 and under

CHOOSE A MEAL PLUS TWO SIDES:

Mashed Potatoes(80 Cal) • Corn(70 Cal) • Green Beans(40 Cal)
French Fries(380 Cal) • Cinnamon Apples(90 Cal) • Fruit(45 Cal)

GRILLED CHEESE \$3.99 (360 Cal)

CORN DOG \$3.99 (490 Cal)

CHICKEN STRIPS \$3.99 (600 Cal)

STEAK FINGERS \$3.99 (250 Cal)

HAMBURGER \$4.19 (390 Cal)

CHEESEBURGER \$4.49 (450 Cal)

MACARONI AND CHEESE \$3.99 (430 Cal)

DRINKS

Coke \$.99 (140 Cal)

Diet Coke \$.99 (0 Cal)

Dr Pepper \$.99 (150 Cal)

Sprite \$.99 (140 Cal)

Lemonade \$.99 (150 Cal)

Root Beer \$.99 (160 Cal)

Whole Milk* \$1.39 (220 Cal)

Nesquik Chocolate Milk* \$1.39 (140 Cal)

Juicy Juice Apple Juice* \$.99 (100 Cal)

Juicy Juice Punch* \$.99 (100 Cal)

Root Beer Float* \$1.99 (190 Cal)

*No Refills

KID'S MEALS served with Oreo® cookies for dessert...
if Mom and Dad say it's OK!



Disclaimer:

Individual items and meals provided by Cotton Patch Cafe 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.

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.



Help them to find their own twin!



Start Here

Wait for me

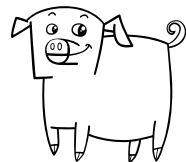
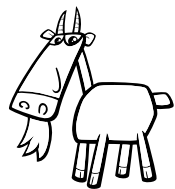
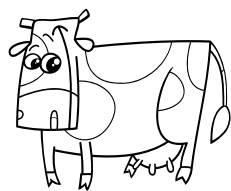
Yoo-hoo!

Ayo!

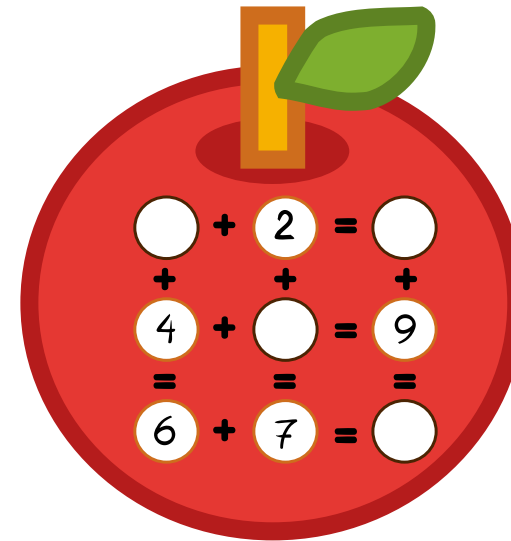
Hey!

I'm here!

Ok!



Which one does not fit?



for kids

FILL IN THE MISSING NUMBERS TO COMPLETE THE SUMS

MEET THE CHEFS!

Medical City Children's Hospital and Cotton Patch Cafe 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.

Chickabites

Rhonda Ontiveros, Andrea Phillips, Tricia Roberts from Birdville Center of Technology & Advanced Learning

Chickadee Bowl/Honey Glazed Carrots/Fruit Parfait

Christina Phan, Matthew Guivas, Julian Gonzalez from Dan Dipert Career and Technical Center

Silly String/Banana Sundae

Hayden Haggmann, James-Michael Delory, Dolly Hernandez, Kellie Baxter, Alyssa Layton, Walter Wilkinson from The Colony HS

Cheesy Broccoli

Kathryn Osteen, Marissa Bailey, Dulce Huesca, Brie Griffith, Alyssa Brown, Marcus Moehler from Rockwall HS

FREE!

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!