

# Kids Fit Menu!

Featuring 2 servings of fruit and/or veggies in every Kids Fit meal!

All meals served with 100% apple juice  
No refills, please.

## ☐ Sunrise Scramble Breakfast Tacos

2 Flour tortillas stuffed with scrambled eggs, ham, cheese, potatoes, and tomatoes. Served with grapes and strawberries.

**\$7.99 (540 CAL)**

## ☐ Piggy Party

2 turkey sausage links wrapped with ancient grain pancakes.

Served with grapes and strawberries.

**\$7.49 (460 CAL)**

## ☐ French Toasties

French toast dusted with cinnamon sugar and a side of berry yogurt for dunking. Served with our homestyle potatoes plus a side of grapes and strawberries.

**\$7.49 (430 CAL)**

## ☐ Blueberry Parfait Pancakes:

3 silver dollar blueberry pancakes topped with a "Dreamsicle" yogurt glaze, chopped granola and blueberries served with a side of grapes & strawberries.

**\$7.99 (430 CAL)**

## ☐ Waffle Sundae:

Cinnamon oatmeal waffle topped with powdered sugar, sliced bananas and strawberries, and drizzled with chocolate syrup.

**\$7.99 (440 CAL)**



**Evan Scott**, Rockwall High School Graduate & **Preslie Mann** from Dr. Gene Burton College & Career Academy-Rockwall ISD



**Jada Ayers**, graduate of the Dr. Gene Burton College & Career Academy-Rockwall ISD

Kid's Menu  
prices  
for ages  
12 and under

## Kid's Menu

(Pick Your Favorite)

All meals include choice of apple juice (80 CAL)  
or milk (80-150 CAL)  
No refills, please.

## ☐ Junior Chocolate Chip, Banana or Blueberry Pancakes

Your choice of 3 chocolate chip, banana or blueberry pancakes.

**\$7.49 (1010/810/700 CAL)**

## ☐ Junior Egg and Pancakes

1 egg prepared how you like and 3 buttermilk pancakes.

**\$6.49 (760-790 CAL)**

## ☐ Junior Cakes and Bacon

3 buttermilk pancakes and 2 strips bacon.

**\$7.49 (770 CAL)**

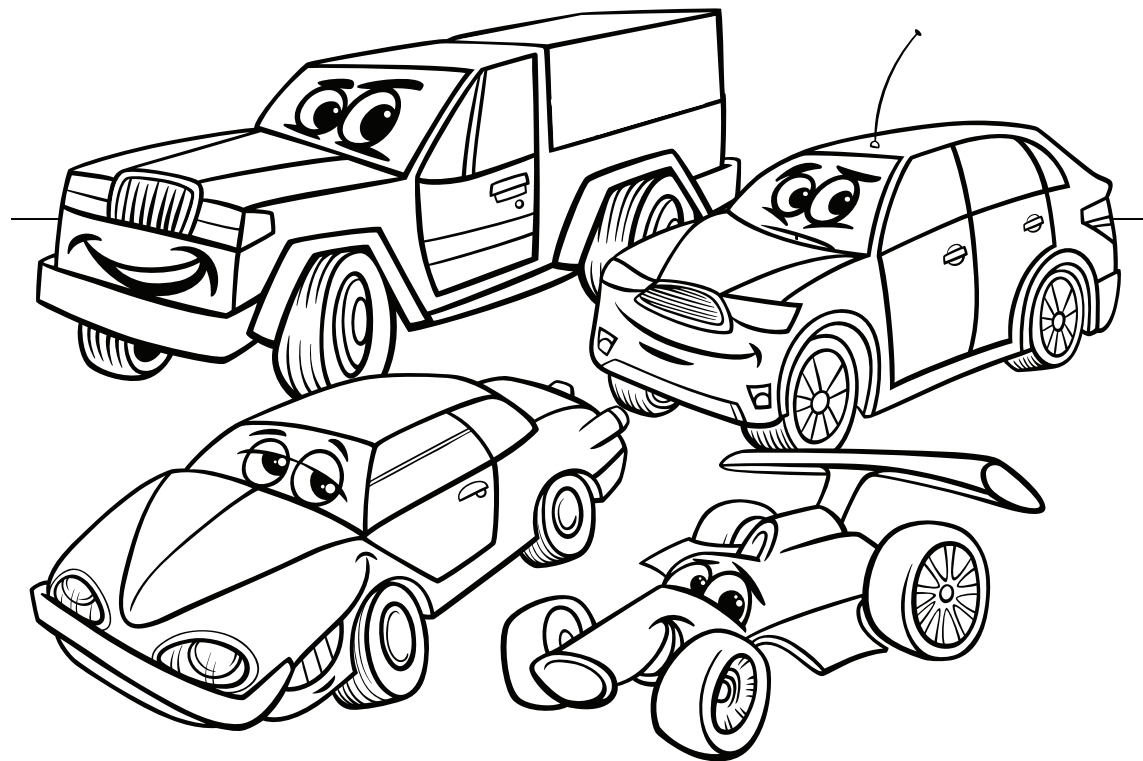
## ☐ Junior Cakes and Sausage

3 buttermilk pancakes and 2 sausage links.

**\$7.49 (1180 CAL)**

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.

# Coloring Fun!



## Meet the chefs!

Medical City Children's Hospital and The Original House of Pancakes have teamed up to build a Kids Fit Menu!® using recipe creations from culinary students.

To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)

### 2021 Kids Fit Menu Mentorship Meal Creations

- **Blueberry Parfait Pancakes**
- **Waffle Sundae**
  - Jada Ayers, graduate of the Dr. Gene Burton College & Career Academy-Rockwall ISD

### 2018 Kids Fit Menu Internship Meal Creations

- **Sunrise Scramble**
- **Piggy Party**
- **French Toasties**
  - Evan Scott, Rockwall High School Graduate & Preslie Mann from Dr. Gene Burton College & Career Academy-Rockwall ISD

Individual items and meals provided by The Original Pancake House 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.

**FREE!**

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2. Complete online form
3. Your gift will be mailed to you!