

Kids Eat Well Menu

for the 12 and under set

BREAKFAST

6:30AM-11AM DAILY

Peanut Butter & Banana Sandwich 10

whole wheat bread | cup of fresh fruit

Egg & Cheese Quesadilla 10

corn tortillas | scrambled eggs | mixed cheese | cup of fresh fruit

Dry Cereal with Fresh Berries 10

choice: frosted mini wheats | kashi go crunch | special k red berries
special k fruit & yogurt | smart start | kelloggs granola w/ raisins
choice: whole milk | 2% milk | fat-free milk | almond milk

ALL DAY MENU

11AM-10PM DAILY

Chicken Noodle Soup 12

whole wheat pasta | romanesco & vegetables | parsley

Chicken Quesadilla 12

corn tortillas | cheddar cheese | black beans | brown rice

Pita Chips & Vegetables 12

carrot & celery sticks | cucumber | hummus | garlic & chive yogurt dip | cup of fresh fruit

Spaghetti Bolognese 12

turkey bolognese | zucchini | carrots

Tuna Salad Sandwich 12

whole wheat bread | shredded lettuce | sliced tomato | celery & carrot sticks

Chicken Fingers 12

two corn flake crusted tenders | carrot & celery sticks | low fat ranch

DESSERT MENU

11AM-10PM DAILY

Fruit Salad 7

seasonal fruit salad inside a red delicious apple

Chocolate Pudding 7

dark chocolate | honey | yogurt | strawberries | bananas

