

Kids Fit Menu!

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

*All meals served with 100% apple juice
Upgrade to Volleman's high quality family farm milk for 1.99
Refills and upgrades are outside of nutritional guidelines for Kid's Fit Menu*

- ☐ **Cinnamon Crunch Pancakes**
2 Cinnamon Streusel Pancakes with a vanilla yogurt glaze and homestyle potatoes
\$6.99 (450 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.
\$6.99 (430 CAL)
- ☐ **Waffle Sundae**
Cinnamon oatmeal waffle topped with powdered sugar, sliced bananas and strawberries, and drizzled with chocolate syrup.
\$7.99 (440 CAL)
- ☐ **Cloudie Pizza**
Two Cloudies baked with fresh marinara, cheese and chicken sausage. Served with a side of vanilla yogurt with a flight of toppings.
\$7.99 (460 CAL)



KID'S MENU (PICK YOUR FAVORITE)

*All meals include choice of apple juice (80 CAL) or milk (80-150 CAL)
Upgrade to Volleman's high quality family farm milk for 1.99
Refills provided at extra charge*

- ☐ **Junior Chocolate Chip, Banana or Blueberry Pancakes**
Your choice of 3 chocolate chip, banana or blueberry pancakes.
\$6.99 (1010/810/700 CAL)
- ☐ **Junior Egg and Pancakes**
1 egg prepared how you like and 3 buttermilk pancakes.
\$6.99 (760-790 CAL)
- ☐ **Junior Cakes and Bacon**
3 buttermilk pancakes and 2 strips bacon.
\$6.99 (770 CAL)
- ☐ **Junior Cakes and Sausage**
3 buttermilk pancakes and 2 sausage links.
\$6.99 (1180 CAL)



Featuring Your Local Family Farm

Get your own glass bottle of whole, chocolate or seasonal flavor!
\$3.99 (275 CAL)

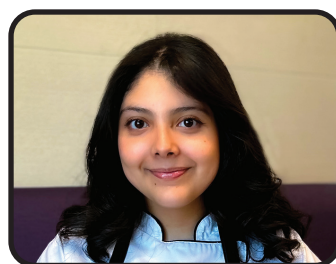
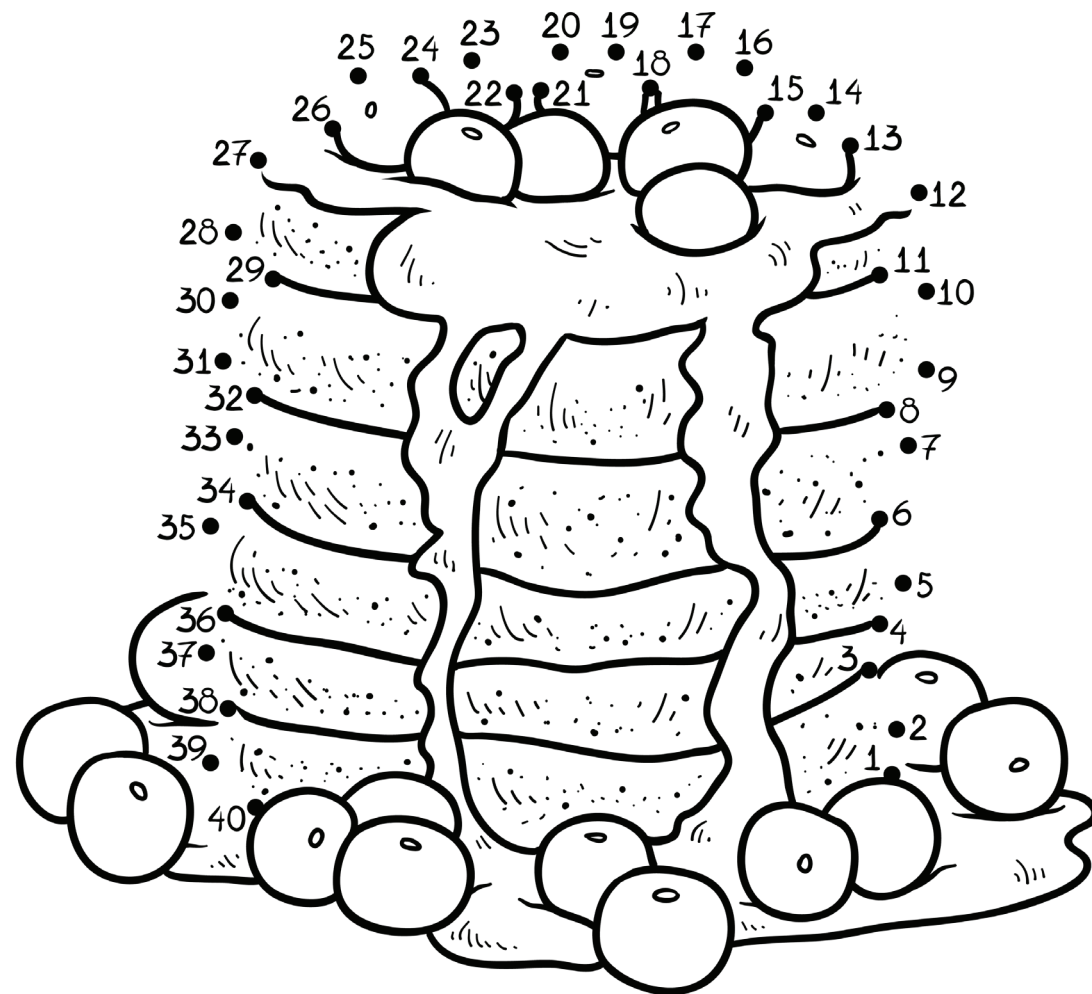
*Only \$1.99 extra when ordered
with Kids Meals*



ophdfw.com | kids-teaching-kids.com | MedicalCityChildrensHospital.com

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!



Victoria Alfaro



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 by culinary students.



Ryker Hayes

To learn more, go to www.kids-teaching-kids.com

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!