

Kids Fit Menu!

Kids Fit Meal includes choice of 1 entree, 1 side,
1 dessert and Kids Fit Fruity Water beverage.

Entrees (Pick One)

\$4.95

- ☐ **Sirloin Kabob***
Grilled sirloin, yellow squash, red bell pepper
- ☐ **Grilled Chicken Tenders with Honey Mustard Glaze**
- ☐ **Squishy Squash Chunky Chicken Mac n' Cheese***
Hoffbrau mac n' cheese with chunks of chicken and grated yellow squash

Sides (Pick One)

- ☐ **Broccoli Cup***
Fresh steamed broccoli with sweet red bell pepper
- ☐ **Roasted Corn Nibblet**
- ☐ **Smashed Sweet Potatoes**
- ☐ **Kids Side Salad**
with Fat Free Italian Dressing

Fruity Water

Ice water with fruit floated in your glass

- ☐ **Lemon** ☐ **Orange**
- ☐ **Lime**

Dessert

- ☐ **Cinnamon Bananas***
Sliced bananas rolled in cinnamon sugar

Feature Meal

(from Birdville Center of Technology
& Advanced Learning)

\$4.95

Chicken Slider Meal*

Seasoned grilled chicken, cheddar cheese, lettuce. Choice of Broccoli Cup*, Roasted Corn or Smashed Sweet Potatoes. Served with Kids Fit Fruity Water and Mini Banana Pudding*

***kids teaching kidsSM recipes**

Disclaimer:

Individual items and meals provided by Hoffbrau Steaks 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. By mailing in for the free gift you agree to opt-in to our e-newsletter. For more information, please visit www.medicalcityhospital.com

kids-teaching-kids.com | mcchildrenshospital.com | hoffbrausteaks.com



Kids Menu

Fun Foods for Kids 12 & Under

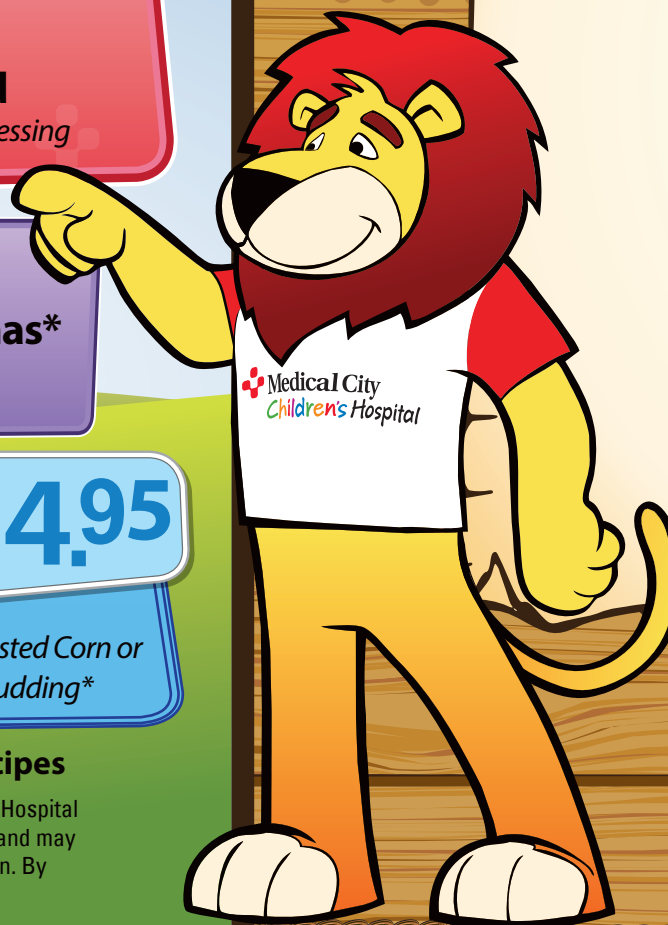
ENTREES

\$4.95

All meals are served with steak fries or steamed broccoli, a beverage and an ice cream push up.

- ★ **CHICKEN STRIPS**
- ★ **HOFFBRAU MAC N' CHEESE**
- ★ **GRILLED CHEESE**
- ★ **HAMBURGER**
- ★ **CHEESEBURGER**
- ★ **CORN DOGS**

TURN OVER TO
MEET THE KIDS
TEACHING KIDS
CHEFS!



CAN YOU FIND THESE THINGS IN THE BIG PICTURE?



heart



spoon



feather



book



comb



snail



apple



mushroom



carrot



butterfly



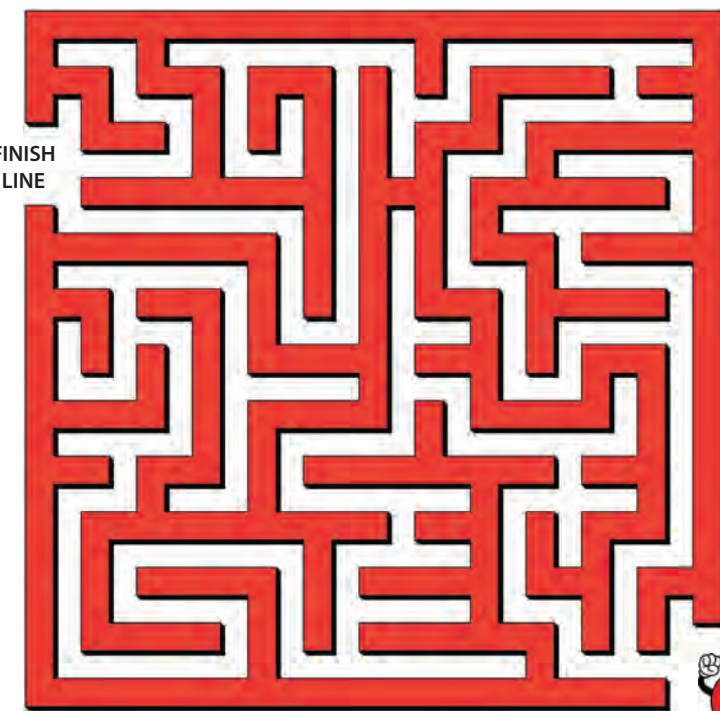
barrel



umbrella



FINISH
LINE



Meet the chefs!

Medical City Children's Hospital and Hoffbrau Steaks have teamed up to bring you a Kids Fit Menu just for kids. It is built from recipe creations of local Texas ProStart high school students. To learn more, go to www.kids-teaching-kids.com.

Feature Meal:

Chicken Slider Meal - Morgan Allen, Cielo Cardona, Myles Mathews, Cyle Reyes, John Sturgeon, Dave Matatall from **Birdville Center of Technology & Advanced Learning**

Sirloin Kabob and Broccoli Cup - Morgan Allen, Cielo Cardona, Myles Mathews, Cyle Reyes, John Sturgeon, Dave Matatall from **Birdville Center of Technology & Advanced Learning**

Squishy Squash Chunky Chicken Mac n' Cheese - Teagan C., Brenda O., Madi C. from **Frisco Career and Technical Education Center, Frisco ISD**

Cinnamon Bananas - Kara K. from **Rockwall HS**

FREE!

Get a **FREE** Medical City Children's Hospital Light-up Wristband!

Medical City
Children's Hospital
kids-teaching-kids.com

Just fill out the form, cut out along the dotted line, mail to the address provided, and we will send you a free Light-up Wristband!

Medical City Children's Hospital
Attn: City Kitty Club
7777 Forest Lane
Dallas, TX 75230

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MAILING ADDRESS:

CITY:

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EMAIL ADDRESS:

HOFF