Standard Menu! $4.29

Choose from these kid-pleasin' favorites!

- ☐ **Silver Dollar Pancakes** (490 cal.)
  Tasty silver dollar pancakes! 4 pancakes served with banana, strawberries, turkey bacon, skim milk and syrup!
- ☐ **Egg & Sausage** (370 cal.)
  A breakfast classic! Egg served with turkey sausage link, whole wheat bread, mixed fruit and skim milk!
- ☐ **Eggs & Fruit** (380 cal.)
  2 fresh eggs with whole wheat bread, mixed fruit and skim milk
- ☐ **Turkey Melt** (440 cal.)
  Gobble gobble this awesome sandwich, served with fresh fruit kabob and a scrumptious mini banana cream pie!
- ☐ **The Green Burrito** (337 cal.)
  A big green taste machine! Served with mixed fruit and mini banana cream pie!
- ☐ **Grilled Chicken Strips** (260 cal.)
  This kids classic comes with oat snaps, broccoli and carrots. Yummy!

Meet the Chefs from Kids Teaching Kids℠!

Turkey Melt: Aldo Hernandez and Brandon Ellwood at H-E-B Technical Education Center

The Green Burrito: Corbyn Looney at Richardson High School

Mini Banana Cream Pie: Jared Frank and Ashley Hull at Plano East Senior High

Oat Snaps: Cierrah Washington at Richardson High School

Comments? email us at: comments@ophdfw.com

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The Original Pancake House Established 1953

Medical City Children's Hospital

Inside! Kids can build their own, delicious meal!

For ages 12 and under

Kids Fit Menu!

Medical City Children's Hospital has partnered with The Original Pancake House to create this special **Kids Fit Menu**. Hope you enjoy!

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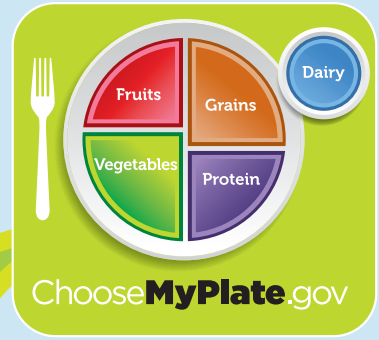
Build Your Own Meal!

It's easy and fun! Put together your own nutritious, balanced meal from each of the food groups below.

$3.99



Fruits (Pick two)

- ☐ Blueberries (30 calories)
- ☐ Oranges (25 calories)
- ☐ Strawberries (20 calories)
- ☐ Bananas (50 calories)
- ☐ Apples (30 calories)
- ☐ Applesauce (40 calories)

Vegetables (Pick two)

- ☐ Carrots (20 calories)
- ☐ Broccoli (15 calories)
- ☐ Tomato Slices (10 calories)
- ☐ Mushrooms (10 calories)
- ☐ Lettuce (10 calories)
- ☐ Bell Peppers (10 calories)
- ☐ Baby Spinach (15 calories)

Protein (Pick one)

- ☐ Chicken (55 calories)
- ☐ Egg Whites (80 calories)
- ☐ Turkey Sausage (70 calories)
- ☐ Turkey Bacon (45 calories)

Grains (Pick one)

- ☐ Whole Wheat Toast (110 calories)
- ☐ Tortilla (90 calories)
- ☐ Silver Dollar Pancakes (230 calories)

Dairy (Pick one)

- ☐ Skim Milk (60 calories)
- ☐ Yogurt (50 calories)

Go Nuts! (Pick one)

- ☐ Almonds (30 calories)
- ☐ Pecans (45 calories)

Turn over for more delicious meal options!

Disclaimer:
Individual items and meals provided by The Original Pancake House were reviewed by an 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. For more information, please visit www.medicalcityhospital.com