

# EAT WELL MENU FOR KIDS

At Westin, we believe that eating well isn't just for grownups. That's why we've teamed up with SuperChefs™, a group of doctors, dentists and dietitians dedicated to helping kids eat smart. These special kid-friendly meals are as delicious as they are nutritious, making the whole family happy.

## BREAKFAST

### BLUEBERRY BANANA PANCAKES\*

8.00

Served with low-fat yogurt, fruit salad and syrup 

### BABY SPINACH & CHEESE OMELET\*

8.00

Baby spinach and cheese omelet served with fruit salad 

### EGG & CHEESE QUESADILLA\*

8.00

Two eggs, corn tortilla, cheese and pico de gallo 

## LUNCH OR DINNER

### CHICKEN STIR FRY

9.00

Brown rice and farmer's market vegetables

### TUNA SALAD SANDWICH

9.00

Served on whole wheat bread with lettuce and tomato

### TURKEY & GRILLED CHEESE

9.00

Grilled low-sodium turkey and cheddar cheese on whole grain bread served with popcorn and apple wedges


### CHICKEN QUESADILLA

9.00

Served with black beans, rice and pico de gallo

### BAKED CHICKEN TENDERS

9.00

Corn flake breaded and baked chicken tenders, carrot and celery sticks and low-fat ranch dressing 

### PITA CHIPS + VEGETABLES

8.00

Served with hummus and low-fat yogurt dip

## DRINKS


### PINEAPPLE STRAWBERRY SMOOTHIE

5.00

Made with almond milk 

### FRUIT SMOOTHIE

5.00

Strawberries, blueberries and bananas blended with orange juice and honey 

## DESSERTS

### HÄAGEN DAZS® ICE CREAM

5.00

Choose from vanilla, chocolate, strawberry or dulce de leche

### FRUIT KEBABS

6.00

Fresh fruit skewers, low-fat Greek yogurt, cornbread cookie 

FIND THE HEALTHY FOODS HIDDEN IN THE PICTURE, OR COLOR IN YOUR FAVORITE PLANTS AND ANIMALS.



APPLE



ONION



AVOCADO



CHERRIES



LEMON



GRAPES



BROCCOLI



CABBAGE