

# 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

**CEREAL** 7  
Served with seasonal fruit and milk

**PANCAKE LOLLIPOPS** 12  
Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup

## LUNCH OR DINNER

**PITA CHIPS & VEGETABLES** 10  
Served with hummus and low-fat yogurt dip

**GRILLED TURKEY BURGER** 12  
With lettuce, tomato, sweet potatoes and vegetable crudite

**SPAGHETTI BOLOGNESE** 11  
Whole wheat spaghetti with tomato sauce

**QUESADILLA** 11  
Two eggs, corn tortilla, cheese and pico de gallo

**PEANUT BUTTER & BANANA SANDWICH** 8  
Served on whole wheat bread with seasonal fruit

**CHICKEN QUESADILLA** 11  
Served with black beans, rice and pico de gallo

**TUNA SALAD SANDWICH** 11  
Served on whole wheat bread with lettuce and tomato

**TURKEY GRILLED CHEESE** 12  
With popcorn, apple wedges and kale chips

## DRINKS

**FRUIT SMOOTHIE** 8  
Strawberries, blueberries and bananas blended with orange juice and honey

**APPLE JUICE** 4

**MILK** 4  
Whole, 2% or non-fat

## DESSERTS

**FRUIT KEBABS** 7  
Fresh fruit served with low-fat Greek yogurt and a cornbread cookie

**BERRY PARFAIT** 7  
Low-fat Greek yogurt and mixed berries with steel-cut oats

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



APPLE



ONION



AVOCADO



CHERRIES



LEMON



GRAPES



BROCCOLI



CABBAGE