



# Make Healthy Choices Just for Kids at Your Dining Facility

## Recommended Sides Sold Separately

- Whole Fruit: avg 95 calories
- 8 oz Skim Milk: avg 80 calories
- 8 oz 2% milk: avg 120 calories
- 8 oz 100% Juice: avg 100 calories

Egg in a Basket  
\$0.80



Nutrition Facts Per Serving (entrée only):  
 Calories 271  
 Cholesterol 160mg  
 Total Carb 66g  
 Total Fat 6g  
 Sodium 361mg  
 Sugar Protein 12g

Chicken & Peach Wrap  
\$2.95



Nutrition Facts:  
 Calories 422  
 Total Fat 65g  
 Sodium 648mg  
 Sugar protein 14g  
 Saturated Fat 8g  
 Cholesterol 300mg  
 Total Carb 300g

Grilled Cheese & Turkey  
\$1.40



Nutrition Facts Per Serving (entrée only):  
 Calories 363  
 Total Fat 65g  
 Sodium 710mg  
 Protein 30g  
 Saturated Fat 20g  
 Cholesterol 300mg  
 Total Carb 300g

- Each kid meal is recommended to be 600 calories or less:
- ≤ 35% of calories from total fat,
- ≤ 10% of calories from saturated fat,
- < 0.5 grams trans-fat,
- ≤ 35% of calories from total sugars and ≤ 770 mg of sodium

Grab an 8oz 100% juice , 8 oz skim or 2% milk and whole fruit for a healthy meal