



Kid's Menu

Each meal comes with a beverage, apple slices and frozen yogurt for kids 12 & under

	20/20 Grilled Chicken Breast 2 7	8
	<i>Grilled six ounce chicken breast with steamed broccoli and rice. (CAL-395, FAT-6.5, SOD-435, CARB-23, FIB-3, PRO-57)</i>	
	20/20 Grilled Salmon* 2 7	16
	<i>Grilled four ounce salmon filet with steamed broccoli and rice. (CAL-360 FAT-16, SOD-255, CARB-21, FIB-2, PRO-31)</i>	
	Chicken Tenders	8
	<i>Two chicken tenders and a side of BBQ sauce, ranch dressing or ketchup. Served with french fries or whole wheat goldfish crackers.</i>	
	Cheese Pizza	8
	<i>Our own white or whole wheat crust topped with pizza sauce and our four cheese blend.</i>	
	Pepperoni Pizza	8
	<i>Our own white or whole wheat crust topped with pizza sauce, our four cheese blend and turkey pepperoni.</i>	
	Butter Noodles	8
	<i>White or whole wheat penne tossed with clarified butter and topped with grated parmesan cheese.</i>	
	Marinara Noodles	8
	<i>White or whole wheat penne tossed with marinara sauce and topped with grated parmesan cheese.</i>	
	Turkey Dog	8
	<i>A turkey hotdog in a whole wheat bun served with french fries or whole wheat goldfish crackers.</i>	
	Grilled Cheese Sandwich	8
	<i>Cheddar cheese grilled between slices of wheat bread. Served with french fries or whole wheat goldfish crackers.</i>	
	Peanut Butter and Jelly Sandwich	8
	<i>All natural peanut butter and strawberry jam spread between slices of wheat bread. Served with french fries or whole wheat goldfish crackers.</i>	
	Half Turkey Sandwich	8
	<i>A half portion of all natural sliced turkey and cheddar cheese layered between slices of wheat bread spread. Served with french fries or whole wheat goldfish crackers.</i>	
	Cheeseburger*	8
	<i>All natural grilled beef patty and cheddar cheese on a Hawaiian sweet bun. Served with french fries or whole wheat goldfish crackers.</i>	

20/20 LifeStyles Stages:

1 - protein **2** - vegetables **3** - cheese **4** - fruit **5** - milk & yogurt **6** - legumes **7** - whole grains **7** - when served with brown rice or pasta

*Consumption of raw or under cooked meats, poultry, eggs, fish or shellfish may increase your risk of food borne illness.