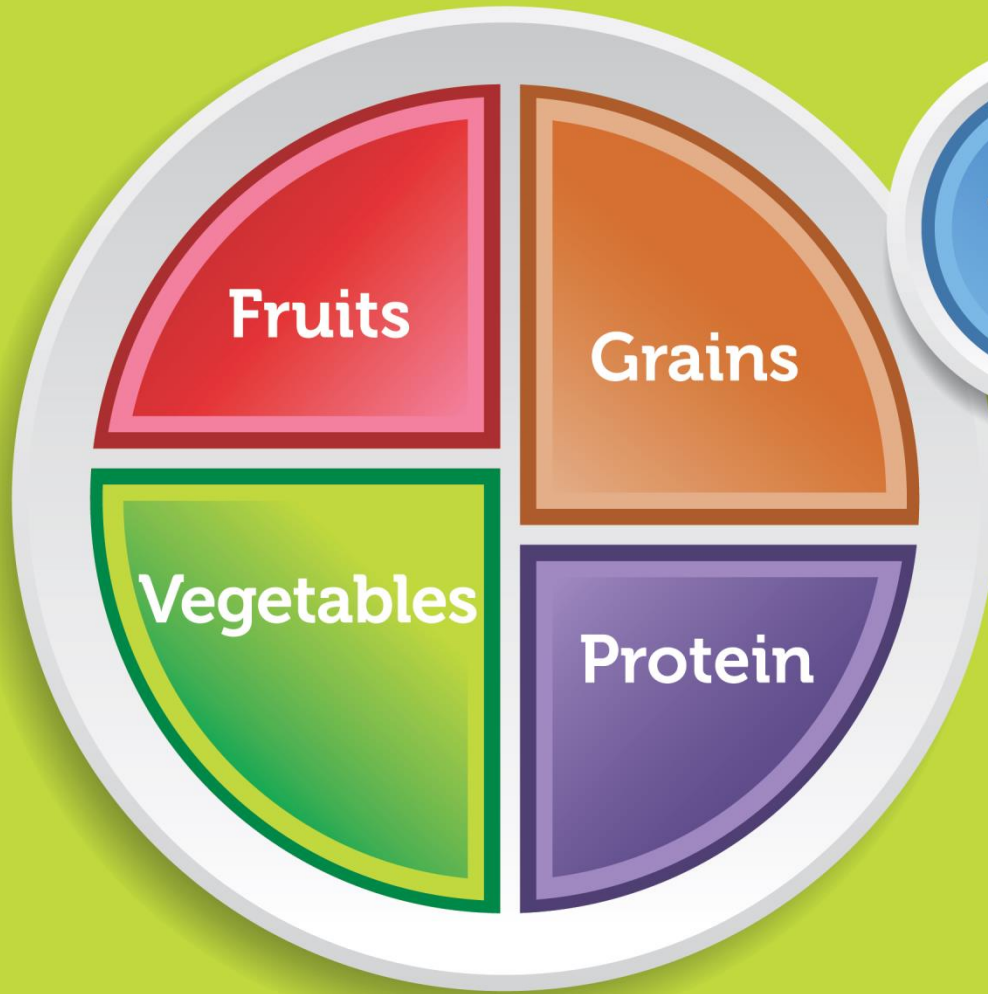


Healthy Ever After: Kids!

Lesson 1b: Restaurant Round-Up – Finding Healthy Foods on the Menu!

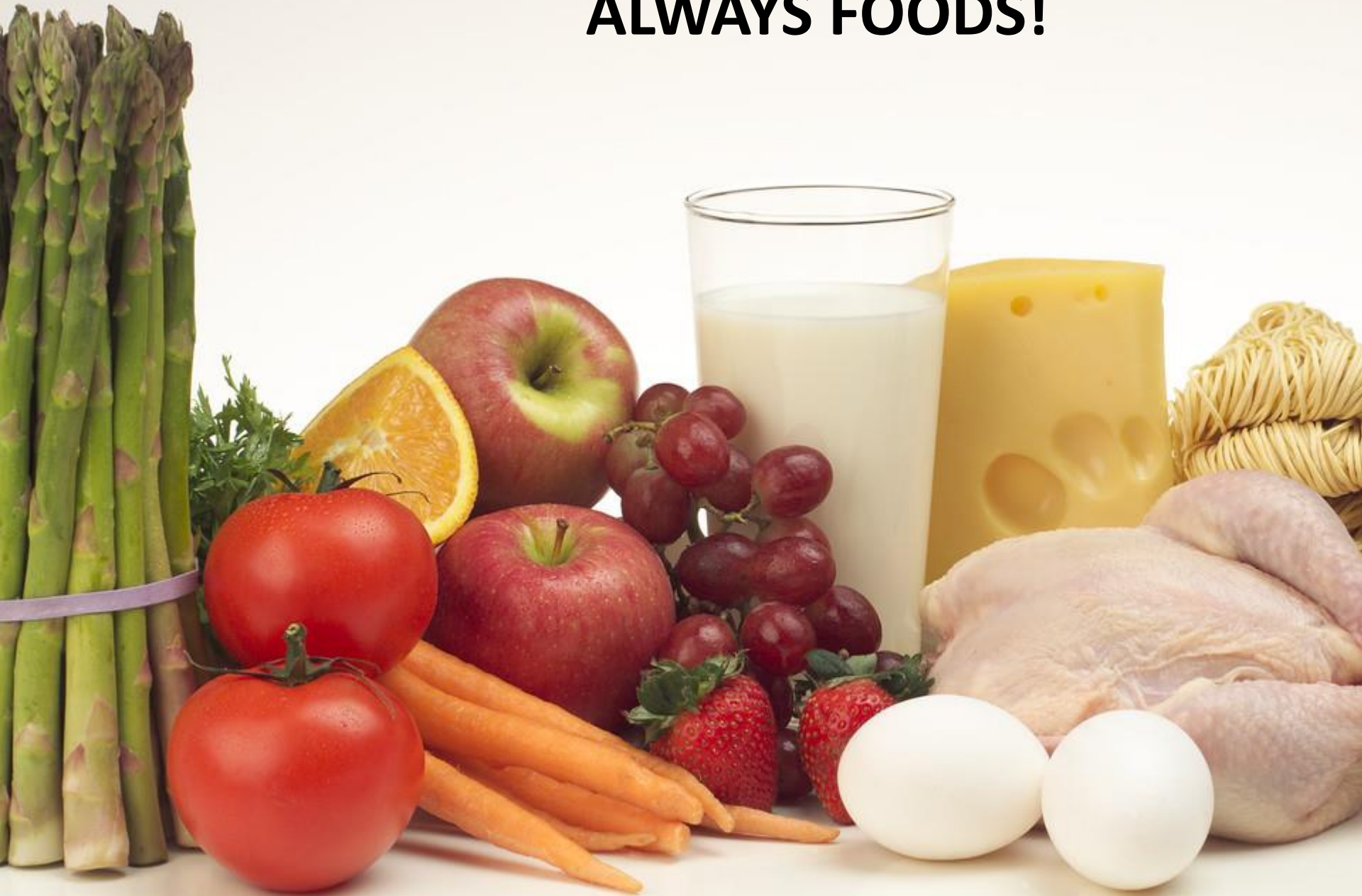
3-5

Created by Emily Parker, MS, RD
Torrance Memorial Medical Center



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ALWAYS FOODS!



SOMETIMES FOOD





MEXICAN GRILL

BURRITOS, TACOS & SALADS



BURRITO

Tortilla, choice of rice, beans, meat, salsa and cheese or sour cream. Add peppers and onions instead of beans for a fajita burrito. CALORIES: 350-930



BURRITO BOWL

Just like a burrito, but served in a bowl with no tortilla. CALORIES: 160-640



TACOS

Your choice of three crispy corn, soft corn or soft flour tortillas with meat, salsa, cheese or sour cream and romaine lettuce. CALORIES: 320-670



SALAD

Chopped romaine lettuce with choice of beans, meat, salsa and cheese, with or without chipotle-honey vinaigrette. CALORIES: 170-780

CHICKEN

Naturally raised, marinated in our chipotle adobo, then grilled. \$6.37

STEAK

Naturally raised, marinated in our chipotle adobo, then grilled. \$6.84

BARBACOA

Naturally raised beef. Braised for hours, then shredded. \$6.84

CARNITAS

Naturally raised pork. Braised for hours, then shredded. \$6.84

VEGETARIAN

Includes our fresh guacamole and vegetarian black beans. \$6.37

SALSAS

Sted Corn (lump) es: 80

Tomatillo-Green Chili (Medium Hot) Calories: 15

Tomatillo-Red Chili (Hot) Calories: 40

EXTRAS & DRINKS

- Chips & Guacamole : Serves 2 (Cal: 360 ea/720 tot) \$3.07
Chips & Salsa : Serves 2 (Cal: 295-325 ea/590-650 tot) \$2.12
Guacamole (Calories: 150) \$1.89
Chips: Serves 2 (Calories: 285 ea/570 tot) \$1.18
Bottled Drinks (Calories: 0-280) \$2.12 / \$2.59
Soda (Calories: 0-290) \$1.65 / \$1.89
Kid's Drinks (Calories: 100-150) \$1.65 / \$2.12

KID'S MENU

All Kid's Menu items served with kid's chips and a drink. Kid's Drinks: Juice, Organic Milk (plain or chocolate)

- 1 Small Cheese Quesadilla \$3.30
2 Small Meat & Cheese Quesadilla \$3.77
3 Single Taco \$3.77
4 Taco Kit (they build it) \$4.24

You can also order online at chipotle.com on your iPhone or by fax. Additional nutrition information is on the back of this menu.



NEW **SPICY** CHICKEN McBITES
 POPPEM WHILE THEY'RE HOT!
 0.00 regular size meal

Choose your **FAVORITES UNDER 400 CALORIES** **200** calories small size

400 calories <small>small size</small>	300 calories <small>small size</small>	200 calories <small>small size</small>
290 McDouble	300 Egg McMuffin	200 Hot Coffee
300 Medium Fries	270 Southwest Salad	170 Vanilla Cane
300 Chicken Sandwich	290 Fruit & Maple Pancake	150 Fudgy
300 Filet-O-Fish	290 4 pc. McNuggets	150 Kuch-Breath
300 Snack Wrap	290 Raspberry Swirl	170 Chocolate Milk
340 BRB! McFlurry	290 Caramel Macchiato	100 Milk
	290 Soft Shakes	90 Lemon
		20 Soft Salad

fruit & oatmeal

Fruit & Maple Oatmeal: 290 Cal. 0.00
 Fruit & Walnuts: 290 Cal. 0.00

happy meal

4 Pc. Chicken McNuggets: 390 Cal. 0.00
 Hamburger: 390 Cal. 0.00
 Cheeseburger: 410 Cal. 0.00

mighty kids meal

4 Pc. Chicken McNuggets: 410 Cal. 0.00
 McDouble: 430 Cal. 0.00
 All McNuggets Sides: 290 Cal. 0.00

pairfection!

extra value meals while you're here and off with you! buy this and get one +, all 10.00 Cal.

1 Big Mac	2 Quarter Pounder with cheese	3 Double Quarter Pounder with cheese
0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.	0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.	0.00 <small>small</small> 350 Cal. 0.00 <small>medium</small> 400 Cal. 0.00 <small>large</small> 450 Cal.
4 2 Cheeseburgers	5 Ranch BLT	6 Club
0.00 <small>small</small> 400 Cal. 0.00 <small>medium</small> 450 Cal. 0.00 <small>large</small> 500 Cal.	0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.	0.00 <small>small</small> 400 Cal. 0.00 <small>medium</small> 450 Cal. 0.00 <small>large</small> 500 Cal.
7 Classic	8 Southern Style Chicken	9 Chicken Selects
0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.	0.00 <small>small</small> 400 Cal. 0.00 <small>medium</small> 450 Cal. 0.00 <small>large</small> 500 Cal.	0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.
10 10 Pc. Chicken McNuggets	11 Filet-O-Fish	12 Angus Deluxe
0.00 <small>small</small> 400 Cal. 0.00 <small>medium</small> 450 Cal. 0.00 <small>large</small> 500 Cal.	0.00 <small>small</small> 300 Cal. 0.00 <small>medium</small> 350 Cal. 0.00 <small>large</small> 400 Cal.	0.00 <small>small</small> 350 Cal. 0.00 <small>medium</small> 400 Cal. 0.00 <small>large</small> 450 Cal.
13 Angus Bacon & Cheese	14 Angus Mushroom & Swiss	salads
0.00 <small>small</small> 350 Cal. 0.00 <small>medium</small> 400 Cal. 0.00 <small>large</small> 450 Cal.	0.00 <small>small</small> 350 Cal. 0.00 <small>medium</small> 400 Cal. 0.00 <small>large</small> 450 Cal.	Southwest 370 1.00 Cal. Bacon Ranch 370 1.00 Cal. Caesar 390 1.00 Cal.

DRINKS

Fill in the circle of the drink you would like.

99¢ each

- APPLE JUICE
- HOT CHOCOLATE
- 2% MILK
- CHOCOLATE MILK (unsweetened)
- SOFT DRINKS
- SHIRLEY TEMPLE (served with 2% milk & cherry foam)
- TROPICAL LEMONADE (served with 2% milk & real sugar flavor)
- LEMONADE
- ORANGE JUICE
- NEW! MINUTE MAID® PREMIUM BERRY BLEND



BRING HOME YOUR ANIMAL ADVENTURE CUP TODAY! See this menu only.

1.99 each with drink

SMOOTHIES

Choose from these flavors:

- NEW! In. Inspired
- In. Goody Orange
- In. Strawberry Banana Milk

1.49 each



BREAKFAST

Served all day.

2.99 each

Fill in the circle of the breakfast you want.

CHOCOLATE CHIP PANCAKES

Three chocolate chip silver dollar pancakes served with one bacon strip and one sausage link.



JR. FRENCH TOAST

One slice of wheat French toast topped with fresh banana slices. Served with two sausage links and one egg.



BUILD YOUR OWN JR. GRAND SLAM®

Pick any 4 items and make it your own.

when you choose eggs, turkey bacon, fresh berries and add in a smoothie.



- Bacon Strips (2)
- Sausage Links (2)
- Bacon Strip (2) & Sausage Link (2)
- Silver Dollar Pancakes (3)
- Egg* (1)
- Glazed Toast
- Egg White (2)
- Turkey Bacon Strips (2)
- Fresh Berries
- Yogurt

SLAM IT UP!
Add additional items for Lunch 2.99 each



*Eggs cooked to 165°F or above for 15 seconds. **NOTICE:** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

For a more balanced meal, look for our apple logos throughout the menu. This menu is part of the Kids LiveWell program and has been certified by the National Restaurant Association and Healthy Dining to meet specific nutritional criteria established by leading health organizations' scientific guidelines.

The Kids LiveWell logo is a service mark of the National Restaurant Association.



LUNCH OR DINNER

Served with choice of one side.

3.49 each

Fill in the circle of the meal and side you want to eat.

1 Choose a main dish:



CHICKEN NUGGETS

Four dino-shaped chicken nuggets with choice of honey mustard or BBQ dipping sauce.



JR. CHEESEBURGER

Hand-pressed junior beef patty topped with American cheese.



PIZZA

Individual pizza with tomato sauce and cheese.



SPAGHETTI

Spaghetti covered in tomato sauce and served with bread.

when you choose cheese broccoli and add an extra price.



MAC & CHEESE

KRAFT® Macaroni & Cheese.

when you choose cheese broccoli and add an extra price.

2 Choose a side:



JR. GARDEN SALAD



GRAPES



SWEET PETITE CORN



APPLE DUNKERS

without caramel sauce



STEAMED BROCCOLI



MASHED POTATOES

with brown gravy



FRESH BANANA SLICES



FRENCH FRIES



VANILLA YOGURT

with strawberry topping



GOLDFISH® CRACKERS

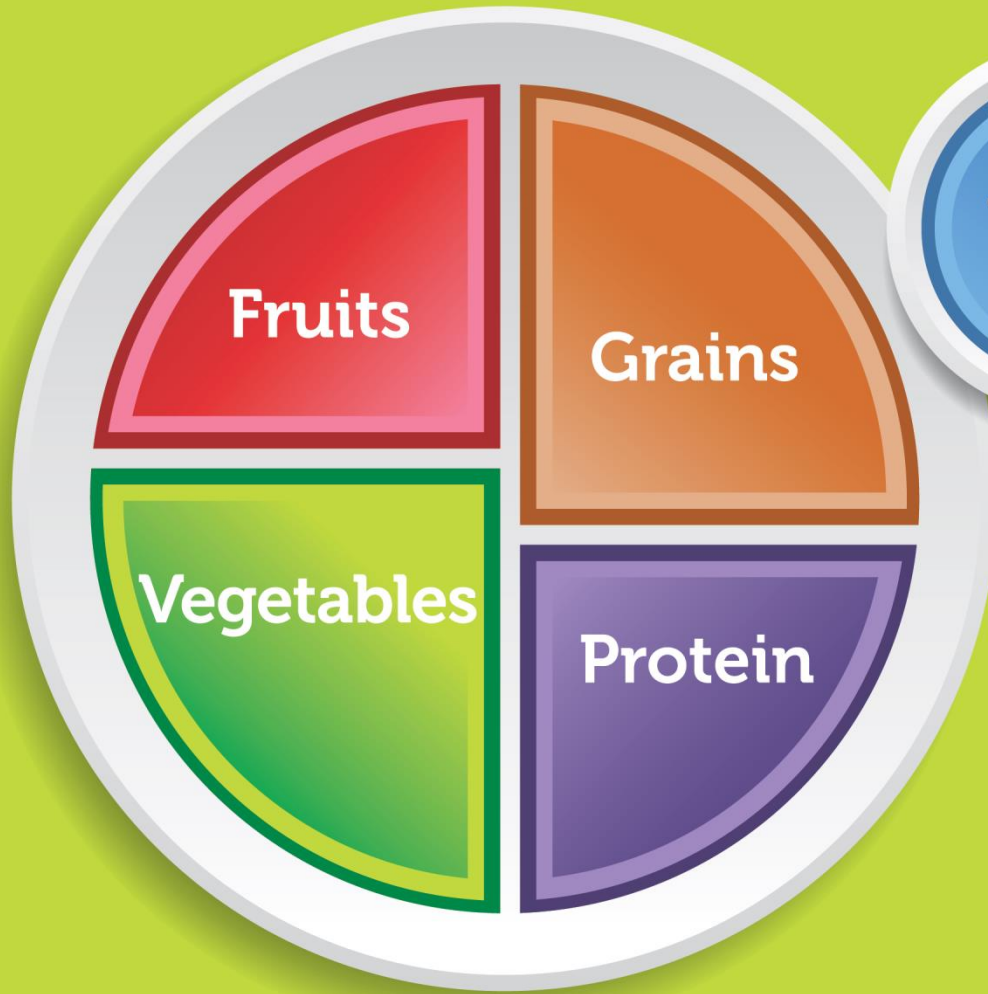


JR. DIPPABLE VEGGIES

without ranch dressing

Add additional sides for only **89¢ each**

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