

EAT WELL AT WESTIN WITH OUR HEALTHY KIDS MENU

For ages 12 and under

WESTIN
HOTELS & RESORTS



Breakfast \$12

7am-1030am

Peanut Butter and Banana Sandwich

served on whole wheat bread with seasonal fruit

Breakfast Cereal

served with seasonal fruit and milk

Oatmeal with Apples and Walnuts

served with apples, walnuts, honey and milk

lunch & dinner \$12

11am-930pm

Grilled Chicken with Pasta

served with tomato sauce, Kale and Parmesan cheese

Pita Chips & Crisp Vegetables

served with hummus and low-fat yogurt

Chicken Fingers

Breaded chicken served with carrots, celery sticks and low-fat ranch sauce

Asian-style Salmon with Soba Noodles

Grilled salmon with fresh ginger, carrots, red peppers, onions and sesame seeds

Grilled Beef Burger

Served with lettuce, tomato, sweet potatoes and vegetable crudités.

Chicken Cobb Salad

Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes.

Dessert \$9

Fruit Kebabs

fresh fruit served with low-fat Greek yogurt and a Macadamia nut cookie

Apple Fruit Salad

cored apple filled with fresh fruit



AT WESTIN, WE BELIEVE THAT EATING WELL ISN'T JUST FOR ADULTS. That's why we've teamed up with SuperChefs, a group of doctors, dentists and dietitians dedicated to educating kids on the importance-and the fun-of eating smart. From cooking and enjoying nutritious foods to staying active. SuperChefs helps kids discover the upside of healthy living. Each of these special SuperChefs offerings is as delicious as it's nutritious, making kids and parents happy.



*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

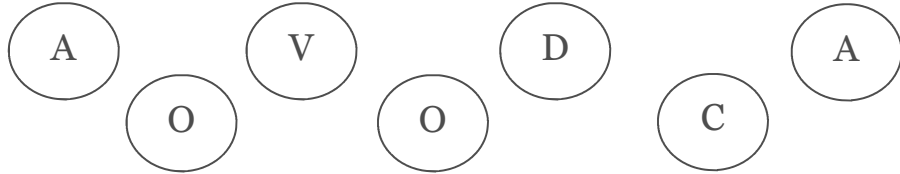


WESTIN AND SUPERCHEFS

ARE IN THE KITCHEN TURNING UP THE FUN!



Keiki SuperFoods Word Scramble



What makes some foods “super”?

SuperFoodsRx offerings have lots of nutrients, like vitamins and minerals that help your body grow strong and fight disease.

Spicer’s favorite superfood is cinnamon.

Can you get her through the maze to find it? It tastes great and helps your heart stay healthy!



“Did you know that one ounce/25 grams of 70% dark chocolate is a smart treat that helps keep you healthy....and don’t rush your brush!”



SuperChefs kids love superfoods!

Circle three foods that are NOT superfoods.

Tic-Tac-Toe

