

# 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 Fresh Fruit and Milk

### BLUEBERRY PANCAKES 13

Served with Low-Fat Yogurt and Syrup

## LUNCH OR DINNER

### CHICKEN NOODLE SOUP 9

Chicken Breast, Noodles, Seasonal Vegetables, Chicken Broth

### CHICKEN TOSTADAS 15

Shredded Chicken Breast, Romaine Lettuce, Black Beans, Sour Cream, Pico De Gallo, Guacamole, Crisp Corn Tortillas

### GRILLED TURKEY BURGER 14

Lettuce, Tomato, Carrot Sticks, Celery Sticks, Roasted Sweet Potato

### OMELET 13

Baby Spinach and Cheddar Cheese Served with Fresh Fruit

### TURKEY GRILLED CHEESE 13

Served with Apple Wedges and Popcorn

### SEASONAL VEGETABLE PLATTER 13

Red Pepper, Broccoli, Edamame, Carrot Sticks, Tomato, Almonds, Low Fat Ranch Dip

### BUILD YOUR OWN PIZZA 15

Cauliflower Crust, Tomato Sauce, Mozzarella Cheese

Topped with your choice of the following:  
Cherry Tomatoes, Baby Spinach, Pineapple or Diced Ham

## DRINKS

### FRESHLY SQUEEZED ORANGE JUICE 5

### APPLE JUICE 4

### MILK 4

Whole, 2%, Non-Fat

## DESSERTS

### CHOCOLATE PUDDING 7

Honey, Greek Yogurt, Banana, Strawberries

### FRUIT SALAD 7

Seasonal Diced Fruit and Berries



**OUR SOURCING PROMISE**  
We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.



This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.