## JUNIOR CHEFFS MENTV

Cold Cereal \$6
Raisin Bran | Cheerios | Rice Chex | Cinnamon Toast | Honey Nut Cheerios
Whole | 2\% | Skim | Milk Alternatives Available
Mini Egg and Cheese Tacos \$7
Scrambled Eggs + Cheddar Cheese + Corn Tortillas
Mighty Egg \$7
One Egg + Bacon or Sausage + Toast
French Toast Sticks \$6
Bacon or Sausage + Maple Syrup Dip
Buttermilk Pancakes \$6
Bacon or Sausage + Maple Syrup
Cinnamon Sugar Flap Jacks \$6
Bacon or Sausage + Maple Syrup


Junior Chef Burger \$9
Local Grass-Fed Beef + American Cheese + Toasted Bun + Fries
Junior Chef Chicken Tenders \$9
Breaded Chicken Tenders + Fries
Junior Chef Pasta \$8
Creamy Alfredo Sauce + Parmesan CheeseJunior Chef Mac \& Cheese \$8 Wagon Wheel PastaChopped Salad \$8
Ice Berg Lettuce + Bacon + Tomato + Toasted Corn + Cheddar Cheese + RanchMini Egg \& Cheese Tacos \$7
Scrambled Eggs + Cheddar Cheese + Corn Tortillas


Seasonal Fruit Cup \$5
Orange Wedges \$3
Ranch Potato Chips \$3

## LOCALFLAVOR

- Houston is known for Kolaches, a handheld stuffed sweet or savory pastry brought over from the Czech settlers in the early 1800's
- WIth the second largest population of Vietnamese in the U.S., Houston has developed a new cuisine called Viet-Cajun. It's a fuision of Creole and Vietnames ingredients.
- Fun Fact! Fajitas are a type of Tex-Mex cuisine and the word refers to cutting meat into strips. Usually served with tortillas, grilled onions and peppers.


## DID YOU KNOW...?

- Honey is the only edible food that never goes bad.
- The largest tomato weighed 3.51 kg ( 7 lb 12 oz ) according to the Guinness Book of World Records. That is as heavy as eight cans of Coke and weighs almost as much as two 2 -litre bottles of soda.
- The average American kid will eat 1,500 peanut butter \& jelly sandwiches before graduating high school.
- Apples \& cherries are members of the rose family.


Apple | Orange | Cranberry
Milk \$3
Chocolate | Whole | 2\% | Skim | Milk Alternatives Available



