



For Children 12 and under

**Peanut Butter & Banana Smoothie** 🍓

Peanut butter, banana, honey, milk

5

**Mixed Berry Smoothie**

Yogurt, mixed berries, vanilla soy milk

5

**Cinnamon Toast and Fruit Cup**

5

**Fruity Tooty Breakfast Cereal**

Ask your server for selection, served with choice of milk

5

**Oatmeal, Almonds and Berries** 🍓

Oatmeal, toasted almonds and blueberries

6

**Fruit Skewers with Honey Yogurt** 🍓

Strawberry, banana and pineapple

7

**🍓🍓 Funky Monkey French Toast Sandwich**

Wheat bread, bananas, peanut butter, syrup

7

**Mia's Egg Sandwich**

Scrambled egg, cheddar cheese, bacon, english muffin

7

**Golden Peak Waffles**

Two golden malted waffles, powdered sugar, syrup

7

**Flippity Flop Flapjacks**

Three pancakes, choice of blueberry, chocolate chip or banana

7

**Farm Time**

One egg, choice of bacon or ham, roasted potato medley

7

**Log Cabin French Toast Sticks**

Syrup, strawberry jam

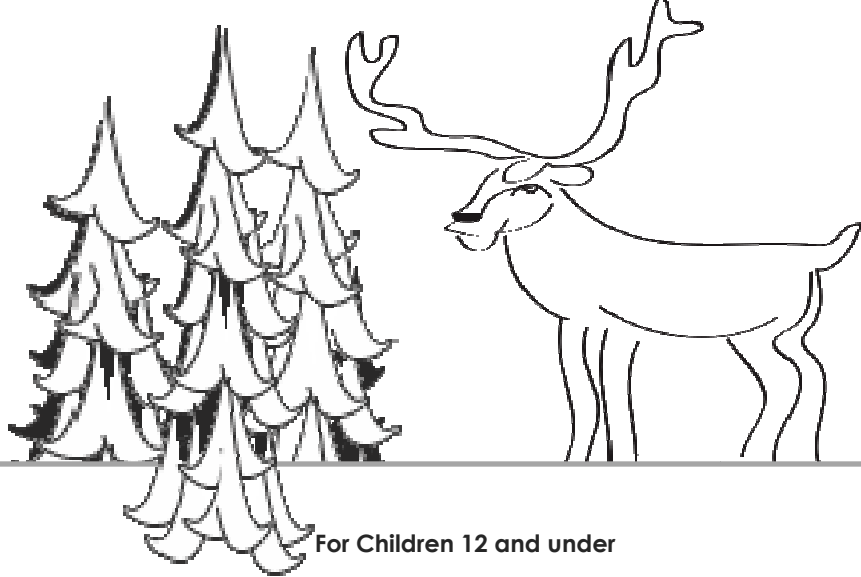
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🍓 *A Destination Kids Café Healthy Choice*

🍓🍓 *A 2011 Healthy Kids Recipe Contest Winner.*



**PORTALS** -Little Tikes Menu-



# PORTALS



## -Little Tikes Menu-



For Children 12 and under

- Mixed Berry Smoothie** 5  
Yogurt, mixed berries, vanilla soy milk
- Edamame** 5  
Lightly salted, fresh lime
- Vegetable Crudite** 6  
Carrots, celery, broccoli, ranch dressing, hummus
- Fruit Skewers and Honey Yogurt** 7  
Strawberry, pineapple, banana
- Grilled Cheese & Tomato Soup** 8  
Whole wheat bread, Tillamook cheddar

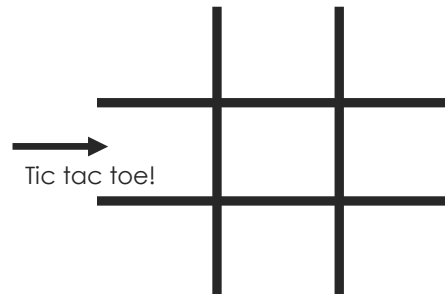
- Multigrain Mac and Cheese** 8  
Multi grain pasta, cheddar cheese, corn flake crust
- Oodles of Noodles** 8  
Angel hair pasta, choice of red sauce or plain butter noodles  
Both with parmesan cheese
- Mini Burger Bites** 9  
Mini sirloin burgers, cheddar cheese, french fries
- From the Sea** 10  
Grilled salmon, quinoa, veggies
- Foghorn Leghorn** 10  
Chicken breast, quinoa, veggies
- From the Farm** 10  
4oz grilled beef tenderloin, quinoa, veggies
- Berry Delicious Cobbler** 5  
Mixed berries, yogurt, crunch cereal, served hot

A Destination Kids Café Healthy Choice  
 A 2011 Healthy Kids Recipe Contest Winner

f s u n c a d i a r t y  
 d f o a s o i f a d c u k  
 k j a d n f v h d m v u d  
 j b v s t r e e v j k d r e  
 h a k k f d t d e e r t l  
 k s a o y n g e s b e r k  
 y m o o s e h s g k o i  
 d a s v g j r t d f s r u t  
 l k s t r a i l s j c i t j

**Suncadia Word Find!**  
 Can you find all of the words?

Suncadia  
 Tree  
 Moose  
 Deer  
 Trail  
 Sky  
 Trout  
 Elk



**Dawson Park Maze!**  
 Can you find your way through the hedge maze?

