

EXAMPLE A: CURRENT KIDS MENU

A KID'S MENU CLASSIC & HEALTHIER CHOICES



*Milk, Juice or Fountain drinks are included with kids entrées. Available for Kids 12 & under.

*BREAKFAST 3.99

Add Egg or Eggbeaters for .99

● Eggbeaters

Strawberries and multi-grain toast.
Cal. 250, Fat 4.5g, Sat. Fat 0.5g, Chol. 0mg, Fiber 4g

● One Egg

Home fries and biscuit.
Additional egg - .99

● French Toast

With maple sugar.

● Gluten-Free or Belgian Waffle

With maple sugar.

● Silver Dollar Buttermilk Pancakes

Add chocolate chips or blueberries - .59

*KIDS CLASSICS 4.99

♥ NEW! Baja Fish Taco - add .99

Grilled flounder, southwest ranch, cabbage, scallions, salsa, lime cilantro sour cream, side Summer Citrus Salad.
• Cal. 390, Fat 14g, Sat. Fat 2g, Chol. 35mg, Fiber 10g
• Request less pecans (1 TBSP) and no dressing.

● Teriyaki Salmon

Reduced sodium with brown rice and mixed veggies.
• Cal. 410, Fat 22g, Sat. Fat 4g, Chol. 65mg, Fiber 4g

♥ Teriyaki Grilled Chicken Breast

Reduced sodium with brown rice and mixed veggies.
• Cal. 329, Fat 10g, Sat. Fat 1g, Chol. 50mg, Fiber 4g

♥ Spaghetti

100% whole grain wheat* or angel hair pasta with butter or tomato sauce.
• *Cal. 375, Fat 10g, Sat. Fat 0g, Chol. 0mg, Fiber 9g
With Tomato Sauce, without parmesan (Fat 14g with parmesan)

All-Natural Chicken Tenders

Antibiotic and hormone free.
Served with your choice of strawberries or veggie.

Macaroni & Cheese

* Add a Nitrate-Free All Beef Hot Dog - .99

Turkey with Mashed Potatoes

Fresh veggies, cranberry orange ginger sauce.

*SLIDERS & SANDWICHES 4.79

NEW! Slider with Strawberries or Veggie

Your choice of Beef, Black Bean Veggie, Turkey or Bison, topped with American cheese.

* For a heartier appetite add an extra slider - .99

● Turkey

Cal. 220, Fat 9g, Sat. Fat 2g, Chol. 40mg, Fiber 2g

● Bison - add .99 for each slider

Cal. 200, Fat 6g, Sat. Fat 1.5g, Chol. 35mg, Fiber 2g

♥ Black Bean Veggie

Cal. 372, Fat 7g, Sat. Fat 0.7g, Chol. 9.4mg, Fiber 5.4g

Grilled Nitrate-Free All Beef Hot Dog

Strawberries or veggie.

Grilled Cheese

On white bread with strawberries or veggie.

Add Ham - .49

AWESOME SIDES 1.09

FRUITS

♥ Fresh Strawberries

♥ NEW! Organic Apple Sauce

VEGGIES

♥ Mixed Veggies

♥ Steamed Edamame

● Sweet Buttered Corn

● Vegan Coleslaw

♥ Garden Salad

● Summer Citrus Salad - add .99

OTHER SIDES

♥ Brown Rice

♥ Mashed Potatoes

● Home Fries

● French Fries

● Sweet Potato Fries - add .99

NEW! Nitrate-Free Bacon

● Turkey Bacon

● Chicken Maple Sausage

● Local Gluten-Free Pork Sausage



Healthier Options

- Kids LiveWell Approved
- ♥ Lower in Fat & Cholesterol
- ☺ Gluten Free

JOIN US FOR KID'S NIGHT

Every Tuesday, 5-8pm
Fun Themes, Games,
Entertainment & More!



Silver Diner is proud to be an inaugural leader of the Kids LiveWell program. Learn more at HealthyDiningFinder.com

Prices subject to change without notice. We are not a Gluten Free Environment. LiveWell and Kids LiveWell are trademarks of the National Restaurant Association

EXAMPLE B: UPDATED KIDS MENU

B


KID'S MENU

COMPLETE MEALS & HEALTHIER CHOICES

ALL ENTREES SERVED WITH 1% MILK OR WATER

Our KID APPROVED menu is based on comments from parents and taste tests with kids.

- 50% of Meals are Healthier
- Kids LiveWell/Under 600 calories
- Lower in Fat and Calories
- Gluten-Free
- Vegetarian
- Hormone and Antibiotic-Free Meats
- Nitrate-Free Bacon

- 60% of Meals are Local
- Farm-Fresh Eggs
- Local Bison
- Sustainable Turkey




NATIONAL RESTAURANT ASSOCIATION

Kids LiveWell

Silver Diner is proud to be an inaugural leader of the Kids LiveWell program. Learn more at HealthyDiningFinder.com

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BREAKFAST

- Champion Breakfast 4.99**
One egg, strawberries and multigrain toast.
• Cal. 400, Fat 10g, Sat. Fat 2.5g, Chol. 195mg, Fiber 4g
- Berry Good Cakes & Egg 4.99**
One egg and strawberries.
• Cal 520, Fat 13g, Sat. Fat 2.5g, Chol. 185mg, Fiber 3g
- Challah French Toast 4.99**
With maple sugar, one egg and strawberries.
- Gluten-Free or Belgian Waffle 4.99**
With maple sugar, one egg and strawberries.

SLIDERS & SANDWICHES

- Slider with American Cheese 4.79 (Bison Slider 5.79)**
With mixed veggies.
• For a heartier appetite add an extra slider - .99/bison 1.99
- **Beef - Grass Fed, Antibiotic-Free**
• Cal 460, Fat 18g, Sat. Fat 5g, Chol. 55mg, Fiber 4g
- **Turkey**
• Cal 430, Fat 14g, Sat. Fat 3g, Chol. 55mg, Fiber 4g
- **Bison - From Gunpowder Farms (MD)**
• Cal 400, Fat 10g, Sat. Fat 2.5g, Chol. 55mg, Fiber 4g
- **Black Bean Veggie**
• Cal 440, Fat 13g, Sat. Fat 2.5g, Chol. 10mg, Fiber 9g
- Grilled Nitrate-Free All Beef Hot Dog 4.79**
With strawberries or veggie.
- Grilled Cheese 4.79**
Choice of white or multigrain bread with strawberries or veggie.
Add Ham - .49
- **Chicken Pizza Quesadilla 5.99**
Multigrain tortilla, chicken, marinara, low fat cheddar, mixed peppers, tomatoes and basil with side salad.
• Cal 260, Fat 8g, Sat. Fat 2.5g, Chol. 30mg, Fiber 6g

KIDS CLASSICS

- **Teriyaki Salmon 5.99**
Reduced sodium with brown rice, mixed veggies.
• Cal 580, Fat 22g, Sat. Fat 4g, Chol. 65mg, Fiber 4g
- **Teriyaki Grilled Chicken Breast 4.99**
Reduced sodium with brown rice and mixed veggies.
• Cal 420, Fat 12g, Sat. Fat 2.5g, Chol. 55mg, Fiber 4g
- **Spaghetti with Mixed Veggies 4.99**
100% whole grain wheat or angel hair pasta with butter or tomato sauce.
• Cal 440, Fat 2.5g, Sat. Fat 0g, Chol. 5mg, Fiber 12g
- Chicken Tenders 4.99**
Antibiotic and hormone-free, served with strawberries or veggie.
- Macaroni & Cheese 4.99**
With a side salad.
- Turkey-rific Dinner - Koch's Farm (PA) 5.99**
Sustainable turkey with grape, cranberry orange ginger sauce, mashed potatoes and mixed veggies.

AWESOME EXTRAS

Substitute any of these as a side for no charge or add as an extra for \$1.09

- FRUITS**
- Fresh Strawberries
- Organic Apple Sauce

- OTHER SIDES**
- Brown Rice
- Mashed Potatoes
- Nitrate-Free Bacon
- Turkey Bacon
- Chicken Maple Sausage
- Gluten-Free Local Pork Sausage
- Sweet Buttered Corn

VEGGIES

- Mixed Veggies
- Steamed Edamame
- Garden Salad

DYNAMITE DRINKS

Milk, Soy Milk or Juice is included with kids entrees Refills - .99

- All Natural Milk from Kreider's Farm (PA)
• Skim or Whole, Chocolate Milk
- Soy Milk
- 100% Juice
- All Natural Simply Orange Juice, Apple Juice, or Grape Juice

SHAKES & DESSERTS

- **Very Berry Yogurt Shake 2.59**
Breyer's fat free soy cream, wheat germ, strawberry sauce, blueberries, raspberry sauce.
• Cal 165, Fat 1g, Sat. Fat 1g, Chol. 0mg, Fiber 4g
- **Pomegranate Shake 2.59**
Pomegranate juice, banana, yogurt, wheat germ.
• Cal 251, Fat 0g, Sat. Fat 0g, Chol. 0mg, Fiber 6g
- **Health Shake 2.59**
Breyer's fat free vanilla ice cream, bananas, strawberries, skim milk, honey, wheat germ.
• Cal 290, Fat 2g, Sat. Fat 0g, Chol. 0mg, Fiber 8g
- **Gluten Free Brownie Sundae 2.59**
Hormo made brownie topped with all natural Breyer's fat free vanilla topped with chocolate sauce, whipped cream.
- **Single Scoop of Ice Cream 1.49**
Choose from vanilla, chocolate or strawberry Breyer's ice cream or Breyer's fat-free vanilla ice cream.
- **Low Fat Strawberry Angel Cake 2.59**
Fat Free vanilla ice cream, agave sweetened strawberry sauce.
• Cal. 262, Fat 0g, Sat. Fat 0g, Chol. 0mg, Fiber 4g

Healthier Options

- Kids LiveWell Approved (KLW)
- Lower in Fat & Cholesterol
- Gluten Free

Kids LiveWell Guidelines available upon request