

# AMERICANA DINER KIDS MENU

For our special guests 10 years or younger

Includes choice of beverage and a sprinkled sugar cookie. Beverage choices: cranberry juice, apple juice, pineapple juice, milk, chocolate milk or soda (unlimited refills for soda only)

## **Scrambled Eggs \$4.50**

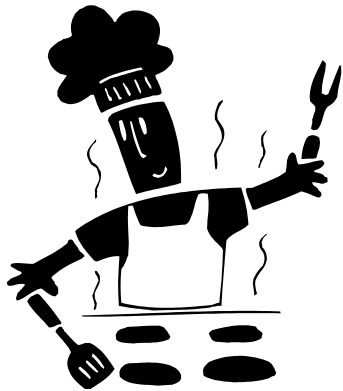
Served with crispy French fries  
424 calories; 33g fat; 15g protein; 17g carbohydrates

## **Silver Dollar Pancakes \$4.50**

Buttermilk pancakes with warm maple syrup  
513 calories; 16g fat; 9g protein; 84g carbohydrates

## **Homemade Waffle \$4.50**

Served with warm maple syrup  
560 calories; 15g fat; 4g protein; 95g carbohydrates



## **Grilled Cheese \$4.50**

Melted American cheese on white bread, fresh grapes  
508 calories; 31g fat; 17g protein; 42g carbohydrates

## **Chicken Fingers \$6**

French fries and honey mustard  
534 calories; 29g fat; 26g protein; 48g carbohydrates

## **Hamburger \$6**

Crispy French fries (add cheese at no additional cost)  
820 calories; 49g fat; 27g protein; 65g carbohydrates



## **Grilled Chicken Strips \$6**

Roasted sweet potato, crispy carrots, ranch dressing  
308 calories; 15g fat; 29g protein; 18g carbohydrates

## **Roasted Chicken Pasta \$6**

Roasted chicken, macaroni, broccoli,  
olive oil, chicken jus  
601 calories; 38g fat; 19g protein; 45g carbohydrates

## **Turkey Meal \$7**

Mixed Vegetables, mashed potatoes, gravy and  
cranberry sauce  
466 calories; 15g fat; 29g protein; 55g carbohydrates

## **Meatballs and Pasta \$6**

Traditional red sauce, macaroni  
376 calories; 9g fat; 23g protein; 48g carbohydrates

## **Macaroni and Cheese \$4.50**

Served with broccoli  
420 calories; 26g fat; 19g protein; 56g carbohydrates

## **Additional Sides and Substitutions**

Steamed broccoli, baby carrots, green beans, red grapes, baked potato, mashed potatoes, baked sweet potato, garden salad

As parents too, we understand how hard choosing healthy options for your kids can be. To help make the decision a little easier, we now offer a listing of our caloric, protein, carbohydrate and fat content on all the items on our kids menu.

\*Nutrient values are estimates only. Variations occur due to product availability and food preparation.