

Kids LiveWell

DATABASE



Kids LiveWell Database

This new online restaurant database helps parents and caregivers identify all KLW meals, sides, and default beverages, offering a window into all the different, better-for-you options families have when dining out.

Applebee's Grill + Bar



KLW Meals

Kids Corn Dog
Steamed Broccoli
1% Milk

Kids Corn Dog
Steamed Broccoli
Water

Kids Corn Dog
Apple Sauce
1% Milk

Kids Corn Dog
Apple Sauce
Water

Kids Chicken Taco
Steamed Broccoli
1% Milk

Kids Chicken Taco
Steamed Broccoli
Water

Kids Chicken Taco
Apple Sauce
1% Milk

Kids Chicken Taco
Apple Sauce
Water

KLW Sides

Steamed Broccoli
Apple Sauce

KLW Default beverages

1% Milk
Water

Bonefish Grill



KLW Meals

Kids Grilled Chicken
Steamed Green Beans
100% Apple Juice

Kids Grilled Chicken
Steamed Green Beans
100% Orange Juice

Kids Grilled Chicken
Steamed Green Beans
100% Pineapple Juice

Kids Grilled Chicken
Steamed Green Beans
Water

Kids Grilled Chicken
Steamed Spinach
100% Apple Juice

Kids Grilled Chicken
Steamed Spinach
100% Orange Juice

Kids Grilled Chicken
Steamed Spinach
100% Pineapple Juice

Kids Grilled Chicken
Steamed Spinach
Water

Kids Grilled Shrimp
Steamed Green Beans
100% Apple Juice

Kids Grilled Shrimp
Steamed Green Beans
100% Orange Juice

Kids Grilled Shrimp
Steamed Green Beans
100% Pineapple Juice

Kids Grilled Shrimp
Steamed Green Beans
Water

Kids Grilled Shrimp
Steamed Spinach
100% Apple Juice

Kids Grilled Shrimp
Steamed Spinach
100% Orange Juice

Kids Grilled Shrimp
Steamed Spinach
100% Pineapple Juice

Kids Grilled Shrimp
Steamed Spinach
Water

Steamed Green Beans

Steamed Spinach

KLW Default Beverages

100% Apple Juice

100% Orange Juice

100% Pineapple Juice

Water

Buffalo Wild Wings



KLW Meals

Traditional Wings (Knockout Blazin Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Knockout Blazin Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Knockout Blazin Sauce)
Carrots
Water

Traditional Wings (Knockout Blazin Sauce)
Carrots
100% Orange Juice

Traditional Wings (Knockout Blazin Sauce)
Carrots
100% Apple Juice

Traditional Wings (Wild Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Wild Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Wild Sauce)
Carrots
100% Orange Juice

Traditional Wings (Wild Sauce)
Carrots
100% Apple Juice

Traditional Wings (Mango Habanero Sauce)
Mandarin Orange

1% Milk

Traditional Wings (Mango Habanero Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Mango Habanero Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Mango Habanero Sauce)
Carrots
1% Milk

Traditional Wings (Mango Habanero Sauce)
Carrots
100% Orange Juice

Traditional Wings (Mango Habanero Sauce)
Carrots
100% Apple Juice

Traditional Wings (Nashville Hot Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Nashville Hot Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Nashville Hot Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Nashville Hot Sauce)
Carrots
1% Milk

Traditional Wings (Nashville Hot Sauce)
Carrots
100% Orange Juice

Traditional Wings (Nashville Hot Sauce)
Carrots
100% Apple Juice

Traditional Wings (Jammin Jalapeno Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Jammin Jalapeno Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Jammin Jalapeno Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Jammin Jalapeno Sauce)
Carrots
1% Milk

Traditional Wings (Jammin Jalapeno Sauce)
Carrots
100% Orange Juice

Traditional Wings (Jammin Jalapeno Sauce)
Carrots
100% Apple Juice

Traditional Wings (Caribbean Jerk Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Caribbean Jerk Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Caribbean Jerk Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Caribbean Jerk Sauce)
Carrots
1% Milk

Traditional Wings (Caribbean Jerk Sauce)
Carrots
100% Orange Juice

Traditional Wings (Caribbean Jerk Sauce)
Carrots
100% Apple Juice

Traditional Wings (Asian Zing Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Asian Zing Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Asian Zing Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Asian Zing Sauce)
Carrots
1% Milk

Traditional Wings (Asian Zing Sauce)
Carrots
100% Orange Juice

Traditional Wings (Asian Zing Sauce)
Carrots
100% Apple Juice

Traditional Wings (Orange Chicken Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Orange Chicken Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Orange Chicken Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Orange Chicken Sauce)
Carrots
1% Milk

Traditional Wings (Orange Chicken Sauce)
Carrots
100% Orange Juice

Traditional Wings (Orange Chicken Sauce)
Carrots
100% Apple Juice

Traditional Wings (Spicy Garlic Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Honey BBQ Sauce)

Mandarin Orange
1% Milk

Traditional Wings (Honey BBQ Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Honey BBQ Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Honey BBQ Sauce)
Carrots
1% Milk

Traditional Wings (Honey BBQ Sauce)
Carrots
100% Orange Juice

Traditional Wings (Honey BBQ Sauce)
Carrots
100% Apple Juice

Traditional Wings (Mild Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Mild Sauce)
Mandarin Orange
100% Apple Juice

Traditional Wings (Mild Sauce)
Carrots
100% Orange Juice

Traditional Wings (Mild Sauce)
Carrots
100% Apple Juice

Traditional Wings (Teriyaki Sauce)
Mandarin Orange
1% Milk

Traditional Wings (Teriyaki Sauce)
Mandarin Orange
100% Orange Juice

Traditional Wings (Teriyaki Sauce)
Mandarin Orange

100% Apple Juice

Traditional Wings (Teriyaki Sauce)

Carrots

1% Milk

Traditional Wings (Teriyaki Sauce)

Carrots

100% Orange Juice

Traditional Wings (Teriyaki Sauce)

Carrots

100% Apple Juice

Traditional Wings (Sweet BBQ Sauce)

Mandarin Orange

1% Milk

Traditional Wings (Sweet BBQ Sauce)

Mandarin Orange

100% Apple Juice

Traditional Wings (Sweet BBQ Sauce)

Carrots

1% Milk

Traditional Wings (Sweet BBQ Sauce)

Carrots

100% Orange Juice

Traditional Wings (Sweet BBQ Sauce)

Carrots

100% Apple Juice

KLW Sides

Carrots

Mandarin Oranges

KLW Default Beverages

1% Milk

100% Orange Juice

100% Apple Juice

Water

Burger King



KLW Meals

Hamburger
Applesauce
No Sugar Added Apple Juice Drink

Hamburger
Applesauce
Fat-Free Milk

KLW Sides

Applesauce
Fat-Free Milk

No Sugar Added Apple Juice Drink

Fat-Free Milk

Water

Carrabba's Italian Grill



KLW Meals

Kids Grilled Shrimp
Steamed Broccoli
100% Apple Juice

Kids Grilled Shrimp
Steamed Broccoli
100% Orange Juice

Kids Grilled Shrimp
Steamed Broccoli
Water

Kids Grilled Shrimp
Steamed Spinach
100% Apple Juice

Kids Grilled Shrimp
Steamed Spinach
100% Orange Juice

Kids Grilled Shrimp
Steamed Spinach
Water

Kids Grilled Chicken
Steamed Broccoli
100% Apple Juice

Kids Grilled Chicken
Steamed Broccoli
100% Orange Juice

Kids Grilled Chicken
Steamed Broccoli
Water

Kids Grilled Chicken
Steamed Spinach
100% Apple Juice

Kids Grilled Chicken
Steamed Spinach
100% Orange Juice

Kids Grilled Chicken
Steamed Spinach
Water

KLW Sides

Steamed Broccoli

Steamed Spinach

KLW Default Beverages

100% Apple Juice

100% Orange Juice

Water

Chipotle Mexican Grill



KLW Meals

Build your own:

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)

Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
Romaine (1 oz)

Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Flour tortilla (2)
Mandarins
Water

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)

Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Black Beans or Pinto Beans (3 oz)
White Rice (2 oz)

Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)

Mandarins
Water

Chicken (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Chicken (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins

Water

Chicken (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Chicken (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Chicken (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Flour tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Flour tortilla (2)
Mandarins
Water

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Romaine (1 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)

Black Beans or Pinto Beans (3 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Black Beans or Pinto Beans (3 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Brown Rice (2 oz)

Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Brown Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
White Rice (2 oz)
Fajitas (0.8 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)

Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
Brown Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Steak (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Milk

Steak (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Organic Apple Juice

Steak (2 oz)
Romaine (1 oz)
White Rice (2 oz)
Corn tortilla (2)
Mandarins
Water

Flour tortilla quesadilla
Cheese (1 oz)
Black Beans or Pinto Beans (3 oz)
Brown Rice (2 oz)
Mandarins
Organic Apple Juice

Flour tortilla quesadilla
Cheese (1 oz)
Black Beans or Pinto Beans (3 oz)
White Rice (2 oz)
Mandarins

Organic Apple Juice

Flour tortilla quesadilla

Cheese (1 oz)

Black Beans or Pinto Beans (3 oz)

White Rice (2 oz)

Mandarins

Water

KLW Sides

Black Beans or Pinto Beans (3 oz)

Pinto Beans (3 oz)

Brown Rice (2 oz)

White Rice (2 oz)

Mandarins

Blueberries

Valencia Oranges

KLW Default Beverages

Organic Milk

Organic Apple Juice

Water

Denny's



KLW Meals

Build your own Jr. Grand Slam:

Egg Whites

Turkey Bacon

Hashbrowns

Honest Kid's Apple Juice

Build your own Jr. Grand Slam:

Egg Whites

Turkey Bacon

Grapes

Minute Maid Apple Juice

KLW Sides

Apple Slices

Fresh Banana Slices

Grapes

Jr. Garden Salad (Without Dressing)

Fresh Vegetable Medley

KLW Default Beverages

Minute Maid Apple Juice

Water

The Dolphin Bar & Shrimp House



KLW Meals

Grilled Chicken Fingers
Vegetable Medley
100% Apple Juice

Grilled Chicken Fingers
Pineapple
100% Apple Juice

Grilled Chicken Fingers
Fresh Fruit Cup
100% Apple Juice

Grilled Chicken Fingers
Vegetable Medley
Low-Fat Milk

Grilled Chicken Fingers
Pineapple
Low-Fat Milk

Grilled Chicken Fingers
Fresh Fruit Cup
Low-Fat Milk

Grilled Chicken Fingers
Vegetable Medley
Water

Grilled Chicken Fingers
Pineapple
Water

Grilled Chicken Fingers
Fresh Fruit Cup
Water

Grilled Dolphin Fingers
Vegetable Medley
Water

Grilled Dolphin Fingers
Pineapple
Water

Grilled Dolphin Fingers
Fresh Fruit Cup
Water

KLW Sides

Vegetable Medley

Pineapple

Fresh Fruit Cup

KLW Default Beverages

100% Apple Juice

Low-Fat Milk

Water

Firebirds Wood Fired Grill



KLW Meals

Kids Wood Grilled Salmon
Warm Grain Salad
Broccoli
1% Milk

Kids Wood Grilled Salmon
Warm Grain Salad
Broccoli
Honest Kid's Apple Juice

Kids Wood Grilled Salmon
Warm Grain Salad
Broccoli
Honest Kid's Fruit Punch

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Fruit
1% Milk

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Fruit
Honest Kid's Apple Juice

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Fruit
Honest Kid's Fruit Punch

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Veggies
1% Milk

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Veggies
Honest Kid's Apple Juice

Kids Wood Grilled Salmon
Warm Grain Salad
Fresh Veggies
Honest Kid's Fruit Punch

Kids Wood Grilled Steak
Warm Grain Salad
Broccoli
1% Milk

Kids Wood Grilled Steak
Warm Grain Salad
Broccoli
Honest Kid's Apple Juice

Kids Wood Grilled Steak
Warm Grain Salad
Broccoli
Honest Kid's Fruit Punch

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Fruit
1% Milk

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Fruit
Honest Kid's Apple Juice

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Fruit
Honest Kid's Fruit Punch

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Veggies
1% Milk

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Veggies
Honest Kid's Apple Juice

Kids Wood Grilled Steak
Warm Grain Salad
Fresh Veggies
Honest Kid's Fruit Punch

Kids Grilled Chicken
Warm Grain Salad
Broccoli
1% Milk

Kids Grilled Chicken
Warm Grain Salad
Broccoli
Honest Kid's Apple Juice

Kids Grilled Chicken
Warm Grain Salad
Broccoli
Honest Kid's Fruit Punch

Kids Grilled Chicken
Warm Grain Salad
Fresh Fruit
1% Milk

Kids Grilled Chicken
Warm Grain Salad
Fresh Fruit
Honest Kid's Apple Juice

Kids Grilled Chicken
Warm Grain Salad
Fresh Fruit
Honest Kid's Fruit Punch

Kids Grilled Chicken
Warm Grain Salad
Fresh Veggies
1% Milk

Kids Grilled Chicken
Warm Grain Salad
Fresh Veggies
Honest Kid's Apple Juice

Kids Grilled Chicken
Warm Grain Salad
Fresh Veggies

Honest Kid's Fruit Punch

KLW Sides

Broccoli

Fresh Fruit

Fresh Veggies

KLW Default Beverages

1% Milk

Honest Kid's Apple Juice

Honest Kid's Fruit Punch

First Watch

**FIRST
WATCH**

KLW Meals

Kid's Steel-Cut Oatmeal
Chicken Apple Sausage
Water

Kid's Steel-Cut Oatmeal
Chicken Apple Sausage
1% Milk

Kid's Granola Bowl
Sourdough Toast (Without Butter)
Water

KLW Sides

Fresh Fruit (1/2 cup)

Fresh Fruit (1 cup)

1% Milk

KLW Default Beverages

1% Milk

Water

Fleming's Prime Steakhouse & Wine Bar



KLW Meals

Classically Grilled Chicken Breast
Classic Salad
Steamed Asparagus
100% Orange Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Asparagus
100% Apple Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Asparagus
Water
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Spinach
100% Orange Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Spinach
100% Apple Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Spinach
Water
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Broccolini

100% Orange Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Broccolini
100% Apple Juice
Fresh Fruit Bowl

Classically Grilled Chicken Breast
Classic Salad
Steamed Broccolini
Water
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Asparagus
100% Orange Juice
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Asparagus
100% Apple Juice
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Asparagus
Water
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Spinach
100% Orange Juice
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Spinach
100% Apple Juice
Fresh Fruit Bowl

Classically Grilled Salmon
Classic Salad
Steamed Spinach
Water

Fresh Fruit Bowl

Classically Grilled Salmon

Classic Salad

Steamed Broccolini

100% Orange Juice

Fresh Fruit Bowl

Classically Grilled Salmon

Classic Salad

Steamed Broccolini

100% Apple Juice

Fresh Fruit Bowl

Classically Grilled Salmon

Classic Salad

Steamed Broccolini

Water

Fresh Fruit Bowl

KLW Sides

Classic Salad

Steamed Asparagus

Steamed Spinach

Steamed Broccolini

Fresh Fruit Bowl

KLW Default Beverages

100% Orange Juice

100% Apple Juice

Water

Golden Corral Buffet & Grill



KLW Meals

Golden Roasted Chicken (White Meat)
Steamed Broccoli
Fruit Salad

Baked Fish
Steamed Corn
Grapes

KLW Sides

Green Grapes
Fruit Salad
Cherry Tomatoes
Carrots
Marinated Vegetable Salad
Strawberries
Tomato and Onion Salad
Tomato Slices
Tomato Wedges
Steamed Broccoli
Cabbage
Steamed Corn

Corn-on-the-Cob

Sauteed Spinach

Squash Medley

Sauteed Yellow Squash

Sauteed Zucchini

Baked Potatoes

Broccoli

Apples

Bananas

Blueberries

Cantaloupe

Honeydew Melon

Kiwi

Watermelon

Applesauce

Oatmeal

Fresh Grapefruit

Grapefruit Sections

Kiwi

Mango

Orange Slices

Papaya

Pineapple

Pineapple Tidbits

Baby Carrots

Cauliflower

Celery Sticks

Mandarin Oranges

Baked Sweet Potatoes

**Menus can vary based on seasonality*

KLW Default Beverages

100% Apple Juice

100% Orange Guava Juice

100% Orange Juice

Water

Joe's Crab Shack



Coming soon!

KLW Meals

KLW Sides

KLW Default Beverages

Outback Steakhouse



KLW Meals

Grilled Chicken on the Barbie
Green Beans
100% Apple Juice

Grilled Chicken on the Barbie
Broccoli
100% Orange Juice

Joey Sirloin
Broccoli
100% Apple Juice

Joey Sirloin
Broccoli
100% Orange Juice

KLW Sides

Broccoli

Green Beans

Fresh Fruit

KLW Default Beverages

100% Apple Juice

100% Orange Juice

Water

Panda Express Chinese Kitchen



KLW Meals

Cub Meal Original Orange Chicken
Steamed White Rice
Super Greens
Apple Crisps
Bottled Water

Cub Meal Grilled Chicken Teriyaki
Chow Mein
Super Greens
Apple Crisps
Bottled Water

Cub Meal Broccoli Beef
Steamed White Rice
Super Greens
Apple Crisps
Honest Kid's Apple Juice

KLW Sides

Cub Meal Steamed Brown Rice

Cub Meal Steamed White Rice

Cub Meal Super Greens

Cub Meal Chow Mein

Apple Crisps

KLW Default Beverages

Bottled Water

Honest Kid's Apple Juice

Silver Diner



Coming soon!

KLW Meals

KLW Sides

KLW Default Beverages

Subway



KLW Meals

Veggie Delite® Mini Sub
Apple Sauce
1% Milk

Veggie Delite® Mini Sub
Apple Sauce
1% Chocolate Milk

Veggie Delite® Mini Sub
Apple Sauce
Honest Kid's Fruit Punch

Veggie Delite® Mini Sub
Apple Sauce
Water

Black Forest Ham Mini Sub
Apple Sauce
1% Milk

Black Forest Ham Mini Sub
Apple Sauce
1% Chocolate Milk

Black Forest Ham Mini Sub
Apple Sauce
Honest Kid's Fruit Punch

Black Forest Ham Mini Sub
Apple Sauce
Water

Oven Roasted Turkey Mini Sub
Apple Sauce
1% Milk

Oven Roasted Turkey Mini Sub
Apple Sauce

1% Chocolate Milk

Oven Roasted Turkey Mini Sub

Apple Sauce

Honest Kid's Fruit Punch

Oven Roasted Turkey Mini Sub

Apple Sauce

Water

KLW Sides

Apple Sauce

1% Milk

KLW Default Beverages

Honest Kid's Fruit Punch

1% Milk

1% Chocolate Milk

Water