

Kids LiveWell

DATABASE



Kids LiveWell Database

This new online restaurant database helps parents and caregivers identify all K LW 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
Applesauce
1% Milk

Kids Corn Dog
Applesauce
Water

Kids Chicken Taco
Steamed Broccoli
1% Milk

Kids Chicken Taco
Steamed Broccoli
Water

Kids Chicken Taco
Applesauce
1% Milk

Kids Chicken Taco Applesauce Water
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KLW Sides

Steamed Broccoli Applesauce

KLW Default beverages

1% Milk Water

Arby's



KLW Meals

Roast Beef Slider
Tree Top Apple Sauce
Honest Kids Apple Juice Drink

Roast Beef Slider
Tree Top Apple Sauce
Lowfat White Milk

Roast Beef Slider
Tree Top Apple Sauce
Water (bottle)

Ham Slider
Tree Top Apple Sauce
Honest Kids Apple Juice Drink

Ham Slider
Tree Top Apple Sauce
Lowfat White Milk

Ham Slider
Tree Top Apple Sauce
Water (bottle)

Chicken Slider
Tree Top Apple Sauce
Honest Kids Apple Juice Drink

Chicken Slider
Tree Top Apple Sauce
Lowfat White Milk

Chicken Slider
Tree Top Apple Sauce
Water (bottle)

Jalapeño Roast Beef Slider

Tree Top Apple Sauce
Honest Kids Apple Juice Drink

Jalapeño Roast Beef Slider
Tree Top Apple Sauce
Lowfat White Milk

Jalapeño Roast Beef Slider
Tree Top Apple Sauce
Water (bottle)

Chicken Tenders (2)
Tree Top Apple Sauce
Honest Kids Apple Juice Drink

Chicken Tenders (2)
Tree Top Apple Sauce
Lowfat White Milk

Chicken Tenders (2)
Tree Top Apple Sauce
Water (bottle)

KLW Sides

Tree Top Apple Sauce

Lowfat White Milk

KLW Default beverages

Honest Kids Apple Juice Drink

Lowfat White Milk

Water (bottle)

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

Conchy Joe's Seafood



KLW Meals

Grilled chicken breast, apple sauce, low fat milk

Grilled chicken breast, apple sauce, apple juice

Grilled chicken breast, apple sauce, water

Grilled chicken breast, broccoli, low fat milk

Grilled chicken breast, broccoli, apple juice

Grilled chicken breast, broccoli, water

Grilled chicken breast, celery & carrots, low fat milk

Grilled chicken breast, celery & carrots, apple juice

Grilled chicken breast, celery & carrots, water

Grilled chicken breast, side salad w/ ranch, low fat milk

Grilled chicken breast, side salad w/ ranch, apple juice

Grilled chicken breast, side salad w/ ranch, water

Grilled salmon, apple sauce, water

Grilled salmon, broccoli, water

Grilled salmon, celery & carrots, low fat milk

Grilled salmon, celery & carrots, water

Hamburger, apple sauce, low fat milk

Hamburger, apple sauce, apple juice

Hamburger, apple sauce, water

Hamburger, broccoli, low fat milk

Hamburger, broccoli, apple juice

Hamburger, broccoli, water

Hamburger, celery & carrots, low fat milk

Hamburger, celery & carrots, apple juice

Hamburger, celery & carrots, water

Hamburger, side salad w/ ranch, low fat milk

Hamburger, side salad w/ ranch, apple juice

Hamburger, side salad w/ ranch, water

KLW Sides

Apple sauce

Broccoli

Celery & carrots

KLW Default Beverages

Low fat milk

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

IHOP



KLW Meals

Protein Pancakes
Motts Applesauce
1% Milk

Protein Pancakes
Motts Applesauce
Apple Juice

Protein Pancakes
Motts Applesauce
Orange Juice

Protein Pancakes
Motts Applesauce
Water

Protein Pancakes
Green Beans
1% Milk

Protein Pancakes
Green Beans
Water

Protein Pancakes
Fresh Fruit
1% Milk

Protein Pancakes
Fresh Fruit
Water

Protein Pancakes
Strawberries & Bananas
1% Milk

Protein Pancakes
Strawberries & Bananas
Orange Juice

Protein Pancakes
Strawberries & Bananas
Apple Juice

Protein Pancakes
Strawberries & Bananas
Water

Breaded Chicken Strips
Motts Applesauce
1% Milk

Breaded Chicken Strips
Motts Applesauce
Apple Juice

Breaded Chicken Strips
Motts Applesauce
Orange Juice

Breaded Chicken Strips
Motts Applesauce
Water

Breaded Chicken Strips
Green Beans
1% Milk

Breaded Chicken Strips
Green Beans
Water

Breaded Chicken Strips
Fresh Fruit
1% Milk

Breaded Chicken Strips
Fresh Fruit
Water

Breaded Chicken Strips
Strawberries & Bananas
1% Milk

Breaded Chicken Strips
Strawberries & Bananas
Apple Juice

Breaded Chicken Strips
Strawberries & Bananas
Orange Juice

Breaded Chicken Strips
Strawberries & Bananas
Water

KLW Sides

Mott's Applesauce

Green Beans

Fresh Fruit

Strawberries & Bananas

KLW Default Beverages

1% Milk

Apple Juice

Orange Juice

Water

Ono Hawaiian BBQ



KLW Meals

ONO KEIKI MEALS

BBQ Chicken Cutlets (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Organic Apple Juice (Box)

Chicken Katsu (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Organic Apple Juice (Box)

Grilled Chicken Breast (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Organic Apple Juice (Box)

Island White Fish (1 piece)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Organic Apple Juice (Box)

Crispy Shrimp (3 pcs)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Organic Apple Juice (Box)

BBQ Chicken Cutlets (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Water

Chicken Katsu (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Water

Grilled Chicken Breast (4 oz.)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Water

Island White Fish (1 piece)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Water

Crispy Shrimp (3 pcs)
Steamed Rice (1 Scoop)
Steamed Vegetables (Keiki Meal)
Mixed Berry Apple Sauce (Pouch)
Water

KLW Sides

Steamed Rice (1 Scoop)

Steamed Vegetables (Keiki Meal)

Mixed Berry Apple Sauce (Pouch)

KLW Default Beverages

Organic Apple Juice (Box)

Water

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



KLW Meals

Champion Breakfast:
Eggs
MultiGrain Toast
Fruit Cup
Non-Fat Milk

Silver Dollar Pancakes
Eggs
Fruit Cup
100% Apple Juice

Beef Slider
Fresh Veggies
Non-Fat Milk

Teriyaki Grilled Salmon
Brown Rice
Fresh Veggies
Water

BBQ Grilled Chicken
Brown Rice
Fresh Veggies
Water

KLW Sides

Fruit Cup (Strawberries, Melon, Pineapple)

Fresh Veggies

KLW Default Beverages

Fat-Free Milk

100% Apple Juice

Water

Sonic



KLW Meals

Corn Dog
Tree Top Apple Sauce
1% Milk Jug

Corn Dog
Tree Top Apple Sauce
Minute Maid 100% Apple Juice (6 oz)

Corn Dog
Tree Top Apple Sauce
Water (bottle)

Crispy Tenders (2 pc)
Tree Top Apple Sauce
1% Milk Jug

Crispy Tenders (2 pc)
Tree Top Apple Sauce
Minute Maid 100% Apple Juice (6 oz)

Crispy Tenders (2 pc)
Tree Top Apple Sauce
Water (bottle)

KLW Sides

Tree Top Apple Sauce

1% Milk Jug

KLW Default Beverages

1% Milk Jug

Minute Maid 100% Apple Juice (6 oz)

Water (bottle)

Subway



KLW Meals

Veggie Delite® Mini Sub
Applesauce
1% Milk

Veggie Delite® Mini Sub
Applesauce
1% Chocolate Milk

Veggie Delite® Mini Sub
Applesauce
Honest Kid's Fruit Punch

Veggie Delite® Mini Sub
Applesauce
Water

Black Forest Ham Mini Sub
Applesauce
1% Milk

Black Forest Ham Mini Sub
Applesauce
1% Chocolate Milk

Black Forest Ham Mini Sub
Applesauce
Honest Kid's Fruit Punch

Black Forest Ham Mini Sub
Applesauce
Water

Oven Roasted Turkey Mini Sub
Applesauce
1% Milk

Oven Roasted Turkey Mini Sub
Applesauce

1% Chocolate Milk

Oven Roasted Turkey Mini Sub

Applesauce

Honest Kid's Fruit Punch

Oven Roasted Turkey Mini Sub

Applesauce

Water

KLW Sides

Applesauce

1% Milk

KLW Default Beverages

Honest Kid's Fruit Punch

1% Milk

1% Chocolate Milk

Water