

All Kid's Menu meals include a choice of beverage \& dessert.
Choice of: fountain pop (0-70 Cals), iced tea (80 Cals), milk (60 Cals), chocolate milk ( 105 Cals), apple juice ( 50 Cals) or orange juice (60 Cals)

Cals
Kid's grilled cheese with fries 450
Kid's grilled cheese with fruit cup 340
Kid's chicken tenders with fries 410
Kid's chicken tenders with fruit cup 310
Kid's penne pasta in tomato sauce 350
Kid's mac n' cheese penne 510
Kid's flatbread cheese pizza 470
Kid's belgian waffle 380
Kid's burger 300
Until 4 pm Kid's french toast 450
Until 4 pm only Kid's bacon \& egg breakfast 340
Kid's pancakes 310
Kid's meal includes choice of:

| Fruit Cup | 90 |
| :--- | :---: |
| Fudge Nut Brownie Delight | 460 |

Fudge Nut Brownie Delight460

Warmed fudge nut brownie with ice cream, chocolate sauce and whipped cream.
Symposium brownies contain nuts and food items may have traces of nuts.

## Sundae

Choice of chocolate or vanilla ice cream, topped with whipped cream and sprinkles


No substitutions will be made for ingredients.

[^0]
## Symposium Crossword Puzzle



## Down:

1. vanilla or chocolate flavoured dessert
2. a strawberry is one
3. often dipped in ketchup
4. also called supper
5. when you pick up food for home
6. carrots, lettuce, potatoes
7. a great restaurant to visit :)

Across::
4. the country you are in
6. white, wheat or rye with breakfast
10. the province you are in
11. a morning meal
12. colourful ice cream topping

## Unscramble These Words:

BEGRRU
AACEKNPS
CHLNU $\qquad$

IMMOPSSUY
CEI ACEMR
AADLS


[^0]:    Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count.

