

EAT WELL MENU FOR KIDS

At Westin, we believe that eating well isn't just for grownups. That's why we've teamed up with SuperChefs™, a group of doctors, dentists and dietitians dedicated to helping kids eat smart. These special kid-friendly meals are as delicious as they are nutritious, making the whole family happy.

BREAKFAST 6:30AM to 11:00AM

BABY SPINACH AND CHEESE OMELETTE 7.00

Served with fruit salad

OATMEAL WITH APPLES AND WALNUTS 6.00

Apples, walnuts, honey and milk

BLUEBERRY PANCAKES 6.00

Warm maple syrup

BUILD-YOUR-OWN GRANOLA PARFAIT 7.00

Low-fat Greek yogurt, organic granola, strawberries, blueberries, and raspberries

BANANA CINNAMON WAFFLES

6.00

Maple caramel syrup

LUNCH OR DINNER 11:00AM to 10:00PM

CHICKEN COBB SALAD 8.00

Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing

CHICKEN QUESADILLA 8.00

Served with black beans, rice and pico de gallo

TURKEY SLIDERS 8.00

Grilled turkey burger served with carrots, celery sticks and low-fat cranberry mayonnaise

TURKEY LETTUCE WRAPS 8.00

Fresh lettuce wraps with ground lean turkey, ginger, onions, carrots and crunchy noodless

FISH TACOS 8.00

Lean white fish in soft-shell tacos with tomato, lettuce, grilled corn, jalapenos, mango and pico de gallo

TUNA SALAD SANDWICH 8.00

Served on whole wheat bread with lettuce and tomato

DRINKS

FRESH SQUEEZED ORANGE JUICE 4.00

FRUIT SMOOTHIE 4.00

Strawberries, blueberries and bananas blended with orange juice and honey

MILK 4.00

Whole, 2%, Skim, Chocolate or Soy

DESSERTS

APPLE FRUIT SALAD 4.00

A cored apple filled with fresh fruit

LEMON CORNMEAL COOKIE WITH SORBET 4.00

Lemon cornmeal cookie served with fresh fruit and one scoop of sorbet

FIND THE HEALTHY FOODS HIDDEN IN THE PICTURE, OR COLOR IN YOUR FAVORITE PLANTS AND ANIMALS.



PINEAPPLE



SUGAR SNAP PEAS



KIWI



WHEAT



WATERMELON



ASPARAGUS



BROCCOLI



FISH