

CHILDREN'S MENU

ALL CHILDREN'S MEALS COME WITH YOUR CHOICE OF MILK, JUICE, FRESH FRUIT SODA OR FOUNTAIN SODA

HOMEMADE FISH STICKS FRESHLY BREADED POLLOCK WITH SWEET PINEAPPLE CHOICE OF TARTAR SAUCE OR KETCHUP	6
PASTA YOUR WAY CHOICE OF PASTA OF THE DAY OR WHOLE WHEAT SPAGHETTI BUTTER AND PARMESAN, CREAMY SPINACH OR FRESH TOMATOES	6
STEAMED KING SALMON MEDALLION VEGGIE STIR-FRY	10
MACARONI AND CHEESE ADD A CUT UP HOT DOG	6 1
"KRABBY PATTY" LUMP CRAB CAKE SANDWICH LETTUCE, TOMATO, PICKLE, FRESH SWEET PINEAPPLE	10
BUTTERMILK BATTERED FRIED CHICKEN FINGERS SWEET RED GRAPES	6
BANKS' HOT DOG, NEW ENGLAND-STYLE BUN FRESH SLICED APPLES	5

KIDS LIVE WELL HEALTHY OPTIONS

OUR COMMITMENT TO TASTE, NUTRITION AND LOW CALORIES

SELECTIONS ARE 600 CALORIES OR LESS.

***GRILLED HERB-SEASONED CHICKEN TENDERLOIN 7**
STEAMED SPINACH AND SLICED FRESH APPLES

***GRILLED SHRIMP AND PINEAPPLE 7**
STEAMED GREEN BEANS

SIDES 2

GRANNY SMITH APPLE AND PEANUT BUTTER
GOLDFISH GREEN SALAD ICEBERG LETTUCE, GOLDFISH CRACKER
CROUTONS, GRANNY SMITH APPLES AND CHOICE OF DRESSING
FRESH-CUT FRENCH FRIES
MASHED POTATOES
SEASONED SPINACH
STEAMED ASPARAGUS
KENNEBEC POTATO CHIPS

PLEASE NOTE THAT WE USE PEANUT OIL FOR ALL FRIED FOOD.
PLEASE ADVISE US OF ANY ALLERGIES OR DIETARY NEEDS;
IT IS OUR PLEASURE TO ACCOMMODATE ALL REQUESTS.

*** CHILDREN'S MENU IS FOR CHILDREN 12YRS OLD AND YOUNGER**

DID YOU KNOW???

- **An apple is made of 25% air, which is why they float.**
- **Apples, onions, and potatoes all have the same taste? Try the test: Pinch your nose and take a bite out of each.**
- **Avocado has the highest protein and oil content of all fruits, but most of this is the healthier unsaturated type.**
 - **Cabbage is 91% water.**
- **Carrots were originally purple in color, changing in the 17th Century to orange with newer varieties.**
- **Celery requires more calories to eat and digest than it contains.**
 - **Cherries are a member of the rose family.**
 - **Corn always has an even number of ears.**
- **Corn makes up about 8% of the weight in a box of corn flakes.**
- **Eggplants are actually fruits, and classified botanically as berries.**
- **Honey is the only edible food for humans that will never go bad.**
 - **Lemons contain more sugar than strawberries.**
 - **Orange does not rhyme with any other word.**
 - **Peanuts are legumes and not a tree nut.**
 - **Peanuts are one of the ingredients in dynamite.**
 - **Pear is a fruit that ripens from the inside out.**
- **Strawberries are the only fruit which has its seeds on its outer skin.**