




# KIDS MENU

Entrées include the choice of two sides (25-370 cal. each) and a beverage (0-170 cal. each).  
For kids 12 and under.

Hey Kids! Make your selections by drawing a ☒ in the boxes below.

## STEP 1: SELECT AN ENTRÉE

- ☐
-  **GRILLED CHICKEN** ‡ 160 cal.  
Buttermilk and cilantro marinated and grilled over hardwood
- 9.95
- ☐
-  **\*WOOD GRILLED SALMON** ‡ 190 cal.  
Simply grilled salmon
- 13.95
- ☐
-  **\*WOOD GRILLED STEAK** ‡ 180 cal.  
Wood grilled sliced steak
- 13.95
- ☐
- RIBS** ‡ 430 cal.  
Tender, wood fired ribs with BBQ Sauce
- 13.95
- ☐
- SMOKED CHICKEN WINGS** 240-520 cal.  
Flash-fried smoked wings (PLAIN, BBQ, OR HOT)
- 11.95
- ☐
- MAC & CHEESE** 570 cal.  
Noodles tossed with homemade cheese sauce
- 9.95
- ☐
- BURGER** 530 cal.  
Flattop grilled burger with brioche bun  
(add cheese .75 - 120 cal.)
- 9.95
- ☐
- CHICKEN FINGERS** 710 cal.  
Hand breaded in tempura and flour
- 9.95

## DESSERT

- ☐
- KIDS SUNDAE** 290 cal.  
Vanilla ice cream  
Chocolate sauce  
Whipped cream
- 4.95

1,200 to 1,400 calories a day is used for general nutrition advice  
for children ages 4-8 years and 1,400 to 2,000 calories a day  
for children ages 9-12 years, but calorie needs vary.

Additional information available upon request.

‡ Indicates items that can be prepared for those sensitive to gluten.



Alex's Lemonade Stand Foundation (ALSF) emerged from the front yard lemonade stand of 4-year-old Alexandra "Alex" Scott, who was fighting cancer and wanted to raise money to find cures for all children with cancer. By the time Alex passed away at the age of 8, she had raised \$1 million. Since then, the Foundation bearing her name has evolved into a worldwide fundraising movement and the largest independent childhood cancer charity in the U.S. ALSF is a leader in funding pediatric research projects across the globe and providing programs to families affected by childhood cancer. For more information, visit [AlexsLemonade.org](https://www.AlexsLemonade.org). Firebirds Wood Fired Grill® is proud to partner with Alex's Lemonade Stand Foundation in the fight to end childhood cancer.

\*IF YOU HAVE CERTAIN FOOD ALLERGIES, GLUTEN FREE, VEGAN, OR OTHER DIETARY NEEDS, PLEASE ASK TO SEE A MANAGER. \*DENOTES ITEMS THAT ARE SERVED RAW OR UNDERCOOKED, AND CONTAIN (OR MAY CONTAIN) RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

### ANSWERS:

OUTDOOR SPORTS: 1. SOCCER - B, 2. FOOTBALL - D, 3. ICE HOCKEY - A, 4. SKIING - E, 5. SKATING - C

Visit us online at [firebirdsrestaurants.com](https://firebirdsrestaurants.com)

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To reduce our carbon footprint, Firebirds uses recycled paper when possible.




Kids Menu 10.1.25

## STEP 2: SELECT 2 SIDES


### GRAINS & STARCHES: SELECT 1

- ☐
-  **SEASONAL GRAIN PILAF**  
60 cal.
- ☐
- PARMESAN MASHED POTATOES** ‡  
150 cal.
- ☐
- FRENCH FRIES**  
310 cal.
- ☐
- MAC & CHEESE**  
280 cal.
- ☐
- TATER TOTS**  
370 cal.

### FRUITS & VEGETABLES: SELECT 1

- ☐
-  **FRESH VEGGIES** ‡  
35 cal.
- ☐
-  **BROCCOLI** ‡  
25 cal.
- ☐
-  **FRESH FRUIT** ‡  
40 cal.

## STEP 3: SELECT A BEVERAGE

- ☐
-  **HONEST KIDS APPLE JUICE** ‡  
40 cal.
- ☐
-  **HONEST KIDS FRUIT PUNCH** ‡  
40 cal.
- ☐
-  **1% MILK** ‡  
140 cal.
- ☐
- ALEX'S LEMONADE**  
170 cal.
- ☐
-  **PRODUCTS** (Circle Option Below)  
0-160 cal. (Coca-Cola, Diet Coke, Sprite, Barq's Root Beer)

 These menu items are part of the Kids LiveWell (KLW) program and have been verified by the National Restaurant Association to meet specific nutritional criteria established by leading health organizations' scientific guidelines. Learn more at [Restaurant.org/KidsLiveWell](https://Restaurant.org/KidsLiveWell).



# FIREBIRDS®

WOOD FIRED GRILL



Family Loyalty Program

Join our **NEW Jr. Chefs Club!**

Hey Kids! Have your parent or guardian  
visit the website and sign up for **FREE!**



[firebirdsrestaurants.com/jr-chef-signup](https://firebirdsrestaurants.com/jr-chef-signup)

Sign up and receive the following at Firebirds:

- ☒
- FREE Jr. Chefs T-Shirt on your next visit**
- ☒
- FREE Jr. Chefs Kids Sundae on Birthday**

Including More Jr. Chefs Fun To Come!  
See complete details online and inside.



Visit The Website And Sign-Up For FREE!



firebirdsrestaurants.com/jr-chef-signup



**Collect All Jr. Chefs Cooking Essentials!**

Actual May Vary



Whisk



Spatula



Mixing Spoon



Mixing Bowl



Chef Shirt



Chef Apron



Chef Hat



Tote

**See website for complete details.**

One Firebirds Jr. Chefs Cooking Utensil or Apparel item per child with each certificate presented and kids meal purchased. Availability dependent on items in-stock at restaurant and while supplies last. Not to be combined with any other Firebirds offers. Not transferable. No cash value. Reward subject to proof of eligibility. Must be redeemed at same time as kids meal purchase. Available at participating Firebirds restaurants. Firebirds reserves the right to cancel this offer at any time at the sole discretion of Firebirds.



**HAPPY BIRTHDAY!**

**BIRTHDAYS ARE SPECIAL AT FIREBIRDS**

**FREE Jr. Chefs Kids Sundae On Kids Birthday**



Actual May Vary

Celebrate your birthday at Firebirds. When your parent or guardian enrolls you in the Jr. Chefs Club, receive a certificate via email for a FREE Jr. Chefs Kids Sundae. One Jr. Chefs Kids Sundae with each Kids Meal purchased for child with birthday. Certificate must be presented at time of visit to the Firebirds restaurant. Not transferable. No cash value. Award subject to proof of eligibility. Must be redeemed at same time as kids meal purchase. Available at participating Firebirds restaurants. Firebirds reserves the right to cancel this offer at any time at the sole discretion of Firebirds.

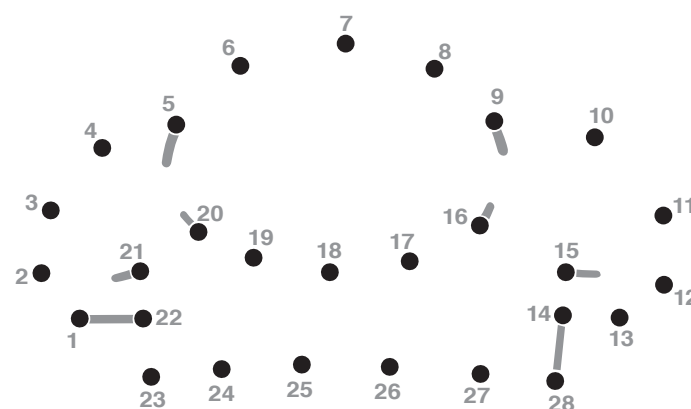
**See website for complete details.**

**Can you find all 6 lemons to make Alex's Lemonade?**



## TRUST

Trusting and believing in yourself is an important trait to have. Trust your instincts by connecting the dots to complete the design.

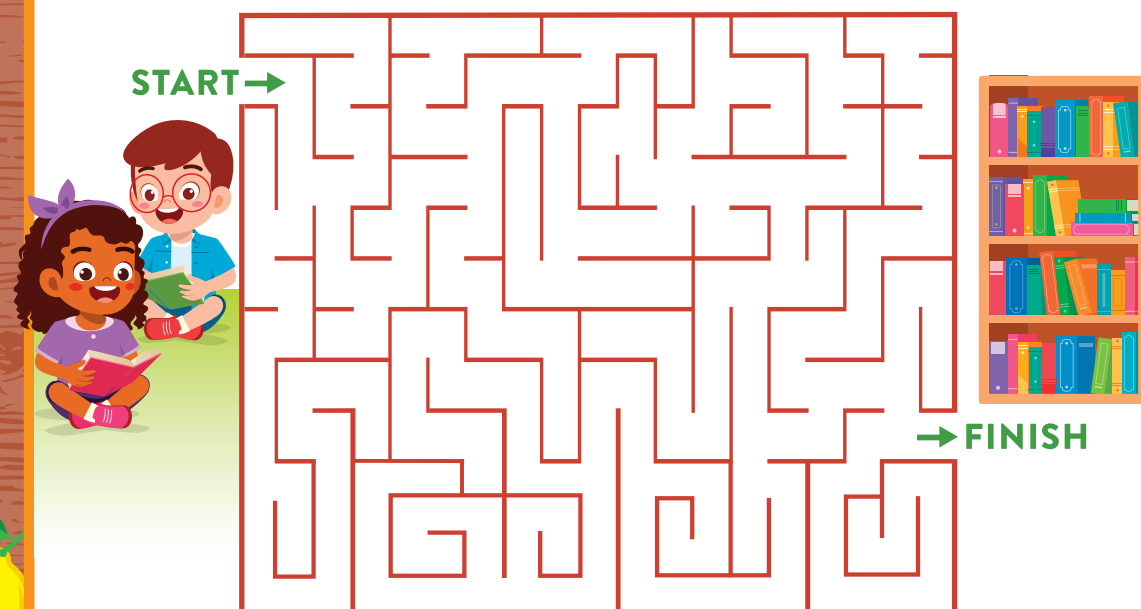


**Did You Know?**

Firebirds uses wood fire grilling for cooking food. Almost all food items at Firebirds are cooked on an open flame.

## ACCOUNTABILITY

Accountability is being responsible for your own words and actions. Help your friend find the way to the library to return books and pick out new ones.



## COLORING FUN

Draw and color a picture of your favorite Fall or Winter activity.

## OUTDOOR SPORTS

Unscramble the words and draw a line matching the name for each sport pictured. (Answers on back)

1. COSCER

A.



2. LOTBAOFL

B.



3. EIC KOEYHC

C.



4. IKNIGS

D.



5. GTNIAKS

E.



## FEATURED HERO

**CHLOE**



Check out more childhood cancer heroes at [AlexsLemonade.org/Heroes](https://AlexsLemonade.org/Heroes)

Chloe is a funny and friendly 12-year-old who is a self-taught artist who loves to draw, spend time at the park, and hang out with friends. When Chloe was just 4 years old, she began experiencing strange pains that started in her leg and moved to her arms and back. After nearly two months of doctor's visits, Chloe was diagnosed with Stage IV neuroblastoma and required an 18-month treatment plan including chemotherapy, radiation, and immunotherapy. Today, Chloe continues to travel from Missouri to New York for a vaccine trial as she fights bravely until she beats neuroblastoma. Chloe is her mom's hero because although she's been fighting for most of her life, she remains so happy and gives it her all. Stay strong Chloe!

**SuperSibs**

Supporting Siblings of Children with Cancer

ALSF recognizes that childhood cancer affects the whole family, not only the child who receives the diagnosis. SuperSibs is dedicated to comforting, encouraging, and empowering siblings at any stage of their family's battle against childhood cancer, so these children and teens can face the future with courage and hope.

Like SuperSibs on Facebook @SuperSibsALSF, or visit [SuperSibs.org](https://SuperSibs.org).