



# KIDS MENU

For ages 10 & under.

\$7.29 EACH



## 1 Pick your entrée.

1 entrée, 1 drink + 1 sidekick with every kids meal.

**JR. CUPCAKE PANCAKE**  
310 cal.



**BUTTERMILK PANCAKE†**  
200 cal.



**HAPPY FACE PANCAKE**  
Buttermilk pancake filled with chocolate chips  
310 cal.



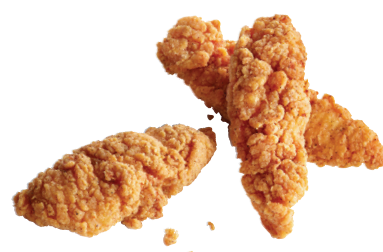
**FRENCH TOAST STICKS**  
Sliced French toast with a side of fresh strawberries, bananas, & chocolate dipping sauce.  
630 cal.



**KRAFT® MACARONI & CHEESE**  
310 cal.



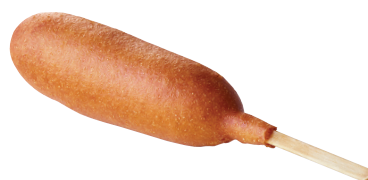
**CHICKEN TENDERS**  
290 cal.



**CHEESY PIZZA**  
670 cal.



**CHICKEN CORN DOG** 🥕  
180 cal.



🥕 Qualifies as Kids LiveWell meal when paired with Broccoli or Applesauce and 1% Milk or water.

**CHICKEN TACO** 🥕  
A soft flour tortilla filled with diced chicken and Cheddar cheese. Served with lettuce and tomatoes.  
210 cal.



🥕 Qualifies as Kids LiveWell meal when paired with Applesauce and 1% Milk or water.  
Compliant with local laws when paired with Applesauce and 1% Milk.

**CHEESEBURGER**  
All-beef patty on a toasted bun with American cheese, lettuce, tomato and pickles.  
570 cal.



## 2 Choose one sidekick.

**1 SCRAMBLED EGG, 1 BACON & 1 SAUSAGE**  
260 cal.



**BUTTERMILK PANCAKE**  
200 cal.



**FRENCH FRIES**  
400 cal.



**BROCCOLI TREES** 🥕  
30 cal.



**MOTT'S® APPLESAUCE CUP** 🥕  
50 cal.



**GARLIC MASHED POTATOES**  
130 cal.



**MOZZARELLA STICKS**  
with marinara sauce  
330 cal.



**VANILLA YOGURT WITH STRAWBERRIES**  
100 cal.



## 3 Choose a Drink

**1% MILK** 100 cal.

**CHOCOLATE MILK** 190 cal.

**ORANGE JUICE** 150 cal.

**MOTT'S® 100% APPLE JUICE** 170 cal.



More drink choices available upon request. Please ask your server.

### KIDS LIVEWELL

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

†Made with a splash of buttermilk & wheat pancake batter. IHOP® and Applebee's® cannot ensure menu items do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions. Allergen information is available at [IHOP.com](http://IHOP.com) or [Applebees.com](http://Applebees.com). Before placing your order, please inform your server if a person in your party has a food allergy. OREO is a trademark of Mondelez International group, used under license. KRAFT is a registered trademark of Kraft Foods. MOTT'S is a registered trademark of Mott's LLP.



The Kids LiveWell logo is a service mark of the National Restaurant Association.

## Room for more?

**KIDS FRUIT SMOOTHIES** 3.99

Strawberry Mango Swirl 240 cal.

Pina Colada 360 cal.

Mango 210 cal.

Strawberry Colada 390 cal.

Strawberry Blue Tropical Swirl 460 cal.

**KIDS SUNDAE** 1.99

Hot Fudge 330 cal.

Strawberry 260 cal.

**KIDS OREO® COOKIE SHAKE**

4.29 | 680 cal.

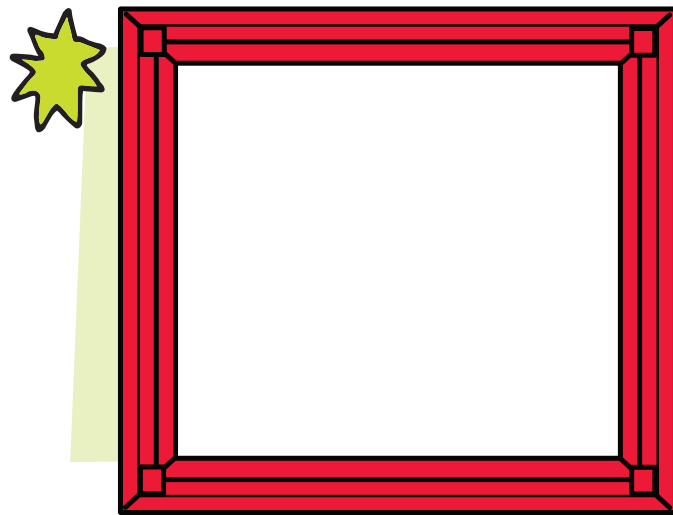
**KIDS HOT CHOCOLATE**

3.39 | 170 cal.



## MAKE A MASTERPIECE

Create your own masterpiece in the frame below!



L N O M B O I B A P P L E M X  
 E W H W B J K T N X Z S U I Q  
 Z F P Q R I L C L T J B I L F  
 K J U O O S W Z C Z S A X K C  
 B M H D C L E Q H I M K G S P  
 W I J E C U W E E A J R X H A  
 C X I S O E N F E Q G E C A N  
 J P I S L C O O S Q B S O K C  
 P G E E I W U B E N F T R E A  
 F Q F R I J N A B I A A N U K  
 B K G T C P B A U E M U D K E  
 S F T S K T X J R M I R O Y N  
 F O S X O L C S G Q L A G A J  
 N H C S G P Z K E M Y N Z H H  
 M J Q T I I H G R Z J T L P H

## WORD SEARCH

See if you can find them all!

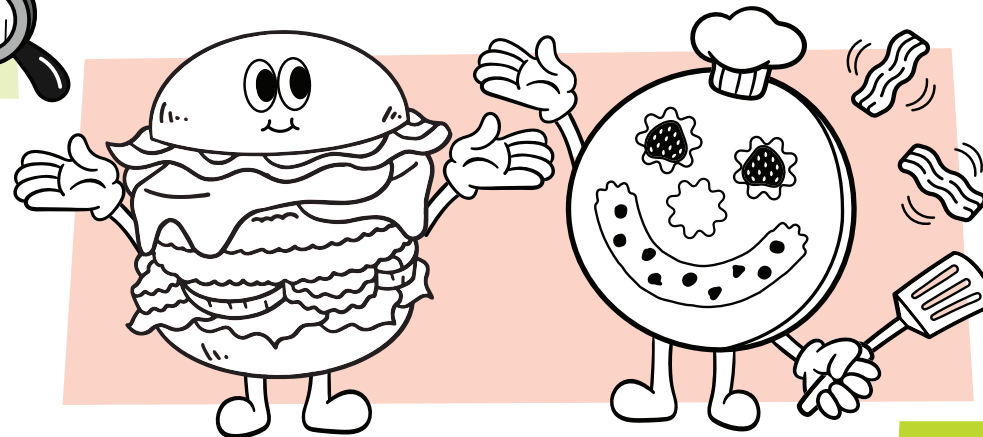
APPLE  
 CORN DOG  
 MILKSHAKE

BROCCOLI  
 DESSERT  
 PANCAKE

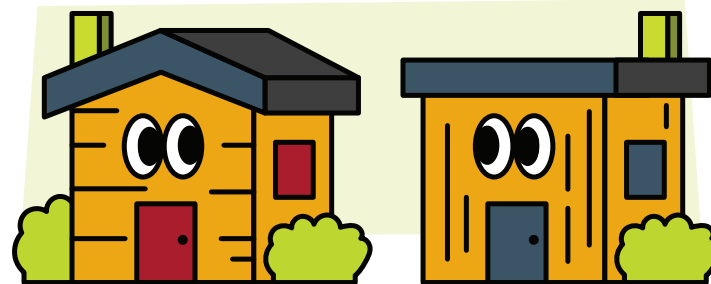
CHEESEBURGER  
 FAMILY  
 RESTAURANT

# TWO ICONIC Favorites ONE GREAT PLACE

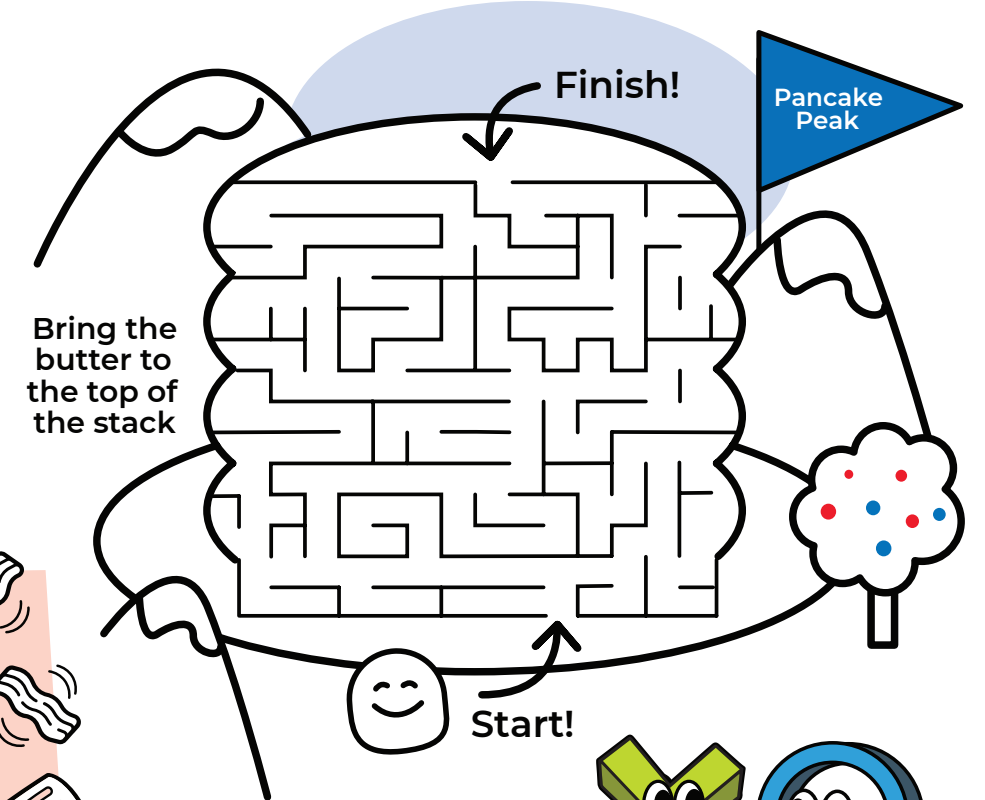
Color in the CLASSIC BACON CHEESEBURGER and the BUTTERMILK PANCAKE



## SPOT THE DIFFERENCE



Every home is unique!  
 Find all 6 ways these houses are different



## WORD SCRAMBLE

FLFWAE \_\_\_\_\_

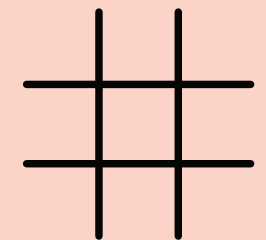
ANKPECA \_\_\_\_\_

ANABAN \_\_\_\_\_

BREUGR \_\_\_\_\_

CJEUJ \_\_\_\_\_

## TIC-TAC-TOE



Unscramble the words that have fallen into the syrup