

KIDS MENU

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

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

STEP 1: PICK A PROTEIN

- GRILLED CHICKEN** ‡ 160 cal. 9.95
Buttermilk and cilantro marinated and grilled over hardwood
- *WOOD GRILLED SALMON** ‡ 190 cal. 13.50
Simply grilled salmon
- *WOOD GRILLED STEAK** ‡ 180 cal. 13.50
Wood grilled sliced steak
- RIBS** ‡ (HALF RACK) 590 cal. 13.50
Tender, wood fired ribs with BBQ Sauce
- SMOKED CHICKEN WINGS** 240-520 cal. 11.50
Flash-fried smoked wings (PLAIN, BBQ, OR HOT)
- MAC & CHEESE** 570 cal. 9.95
Noodles tossed with homemade cheese sauce
- BURGER** 530 cal. 9.95
Flattop grilled burger with brioche bun
- CHICKEN FINGERS** 710 cal. 9.95
Hand breaded in tempura and flour

DESSERT

- NEW! KIDS SUNDAE** 390 cal. 4.25
Vanilla ice cream
Chocolate sauce
Whipped cream

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) evolved from 4-year-old cancer patient Alexandra "Alex" Scott's front yard lemonade stand into a national fundraising movement.

Firebirds Wood Fired Grill® is proud to partner with Alex's Lemonade Stand Foundation in the fight to end childhood cancer. To learn more, visit AlexLemonade.org.

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:
ACCOUNTABILITY: 4 and 9

Visit us online at firebirdsrestaurants.com

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

Kids Menu 10.4.23

STEP 2: PICK 2 SIDES

GRAINS & STARCHES: SELECT 1

- WARM GRAIN SALAD** 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: PICK A BEVERAGE

- HONEST KIDS APPLE JUICE** ‡ 40 cal.
- HONEST KIDS FRUIT PUNCH** ‡ 40 cal.
- 1% MILK** ‡ 140 cal.
- ALEX'S LEMONADE** 170 cal.
- Coca-Cola 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.



FIREBIRDS®

WOOD FIRED GRILL

Sharing Values For A Better World



KIDS MENU

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AlexLemonade.org



Includes healthful meal options endorsed by Kids LiveWell.



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Did You Know?

Every item on our Kids Menu is scratch-prepared with the freshest ingredients!

OUR VALUES

Firebirds believes in sharing values for a better world. Below are the six values we strive to focus on.

INTEGRITY - Integrity is knowing the difference between right and wrong and choosing to do the right thing, even when it is difficult.

TRUST - Trust is believing in yourself or in the honesty and reliability of others.

EMPATHY - Empathy is being able to understand and care about how someone else is feeling.

ACCOUNTABILITY - Accountability is being responsible for your own words and actions.

CARING - Caring is displaying kindness, concern, and interest toward something or someone.

HUMILITY - Humility is being humble and not thinking you are better than other people.

EMPATHY

Sometimes by telling a joke, you can provide empathy to a friend or family member. A good joke can cheer someone up who may be feeling sad. Share these fun jokes with your friends and family!



Q) What falls in winter but never gets hurt?
A) Snow.

Q) What time is it when the clock strikes 13?
A) Time to get a new clock.

Q) Why was the math book sad?
A) It had a lot of problems.

Q) Why did the girl throw a stick of butter out of the window?
A) She wanted to see a butterfly.



FEATURED HERO

OLIVIA



Check out more childhood cancer heroes at AlexsLemonade.org/Heroes

Olivia is a kind-hearted 11-year-old who's always willing to help others. She loves the beach and trying new things – especially new foods, and she has great affection for her two golden doodles. When Olivia's parents noticed swelling behind her right eye, they decided to take her to an ophthalmologist, who redirected them to Novant Health Hemby Children's Hospital. Doctors discovered a tumor behind her eye, and Olivia was diagnosed with rhabdomyosarcoma. After having surgeries to remove the tumor, Olivia had 66 weeks of chemotherapy and 28 rounds of proton radiation. She is now in remission and looking forward to brighter days ahead for herself and all children with cancer. Olivia's family is so proud of her determination and positivity throughout this journey.

Olivia is truly amazing!



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 of children with cancer, so they can face the future with courage and hope. Like SuperSibs on Facebook @SuperSibsALSF or visit SuperSibs.org.

ACCOUNTABILITY

Accountability is being responsible for your actions. You're responsible for raking the yard. Find 2 matching groups of leaves below. (Answer on back)

1

2

3

4

5

6

7

8

9

TRUST

Your friends trust you to pick them up to go to the big game. Find the following football items hidden in the puzzle.



PLAYERS • FIELD • COACHES
BAND • LIGHTS • GOALPOSTS
SCOREBOARD • BLEACHERS
FOOD • CHEERLEADERS



F	B	L	P	E	G	S	D	I	F	S	T	O
O	N	A	L	L	I	G	H	T	S	C	Y	R
C	D	F	N	B	A	I	H	S	C	O	B	D
O	Y	R	I	D	H	Y	S	O	C	R	E	F
A	C	H	E	E	R	L	E	A	D	E	R	S
C	H	E	A	O	L	I	F	R	C	B	G	P
H	R	F	C	S	B	D	H	Y	S	O	E	L
E	Y	O	P	I	F	G	O	A	S	A	I	A
S	G	O	A	L	P	O	S	T	S	R	F	Y
T	F	D	P	D	A	Y	T	A	N	D	I	R
Y	A	H	B	L	E	A	C	H	E	R	S	E

CARING

Show that you care about a friend or family member by inviting them to play tic-tac-toe!

