



Kids 12 & Under

# Kids' "Wellness"

TIME AT T'S!



Starring The T's **\$6.79**  
**Kid's Meal**  
 Ready! Set! Yummm!

Kid's meals are served with a **CHOICE** of fresh diced red apple, fresh fruit, cling peaches, french fries or home fries, and a kid's cup of juice, soda or milk of choice.

## BREAKFAST

### The "Mickey T" Pancake

This is a kid's-only buttermilk cake topped with a butter blend and a dusting of confectioners sugar, served with two slices of **turkey bacon**. Who's the leader of the band that's made for you and me?

### Big Kid's Belgian Waffle

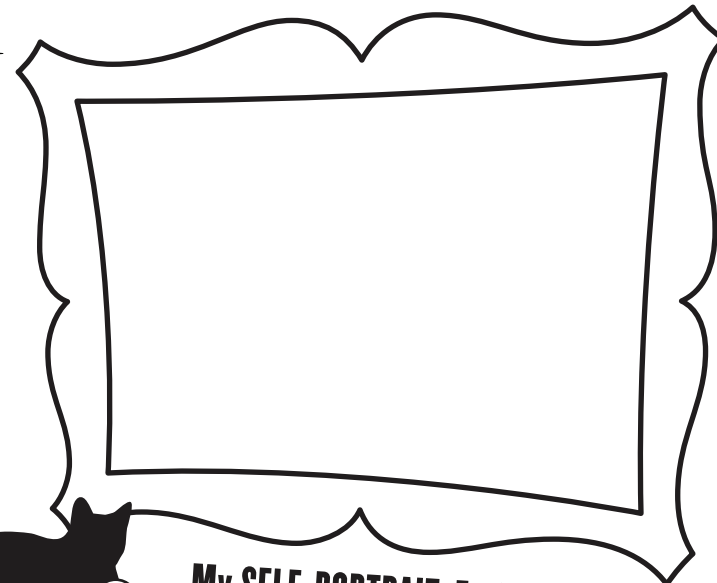
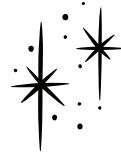
A kid's-size freshly baked Belgian waffle topped with a dollop of butter blend and a dusting of confectioners sugar, served with a side of real bacon!

### Kid's Choice Combo

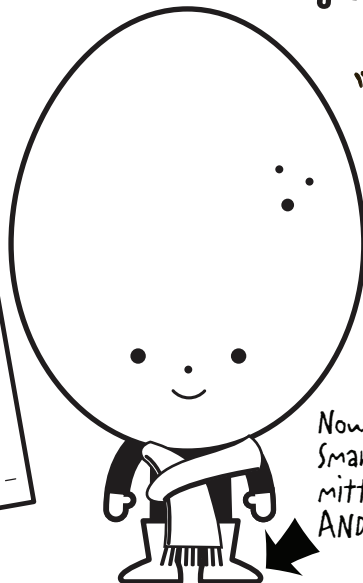
One kid's-size buttermilk pancake topped with a dollop of butter blend and a dusting of confectioners sugar, served with one **egg** scrambled, two pieces of hickory bacon and one piece of **whole wheat toast**. A Kid's Choice Award!

### A Pancake Adventure

Two **blueberry** pancakes topped with a dollop of butter blend and a dusting of confectioners sugar, served with two pieces of breakfast sausage!



My SELF-PORTRAIT: Eating well at T's!



"HAVE YOU HAD YOUR EGG TODAY?"

Eggs are rich in nutrients. A large egg contains over **six grams of protein** and only 70 calories.

Now that's a Smart egg! Hat, mittens, scarf AND warm boots on!

## LUNCH

★ T's always has fresh muffins on the menu!



### Chickadee Chicken Fingers

Crispy **chicken** fingers served with honey mustard for dipping!

### T's Mac & Cheese

A kid's bowl of mac and **cheese**, served with freshly sliced **tomato** on the side!

### All-American Grilled Cheese Sandwich

Melted American **cheese** on white bread — go USA!



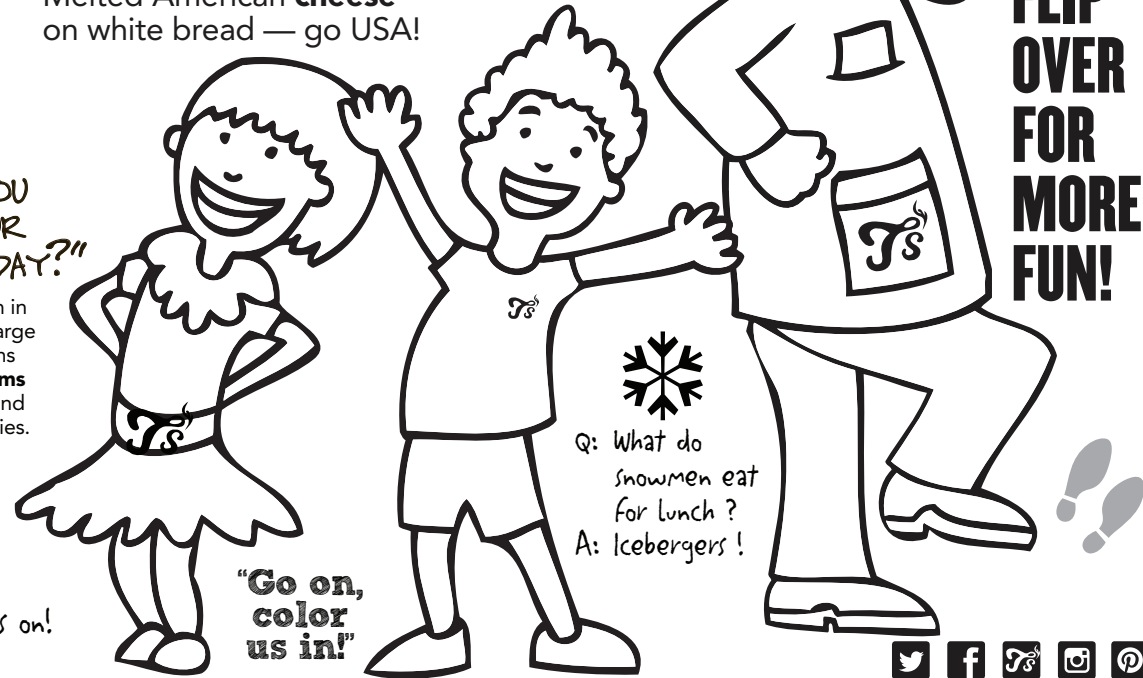
Q: Where does a snowman keep his money?  
 A: In a snow bank!



Q: What do snowmen eat for lunch?  
 A: Icebergers!

Can you find all the T's Logos on this menu? There are 12!

FLIP OVER FOR MORE FUN!



"Go on, color us in!"



TsRestaurantRI.com



# All About Me!

I really, really, really like:

\_\_\_\_\_

I don't like:

\_\_\_\_\_

I am happiest when I am eating:

\_\_\_\_\_

I would love the chance to:

\_\_\_\_\_

My favorite jam is:

\_\_\_\_\_

When the snow is falling I sometimes:


\_\_\_\_\_



## T's WORD SCRAMBLERS

Unscramble the words below that describe fun exercises that will get you on the road to good health. You should get at least an **hour** of physical activity **every day!**

TANKSIG \_\_\_\_\_

 GISNIK \_\_\_\_\_

DINSELDG \_\_\_\_\_

GIMPUJN \_\_\_\_\_

OAYG \_\_\_\_\_

Answers:  
Yoga,  
Skiing,  
Sledging,  
Jumping.

## T's PRESIDENTIAL WORD SEARCH

Can you find the last name of every president below?

**Note:** The last names Adams, Harrison, Johnson, Roosevelt, and Bush have been included in the puzzle **twice**, once for each president. However, Cleveland, the only President to serve non-consecutive terms, was included only once. Be sure to **CROSS** them off as you find them!

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

- |                                  |                                |                                  |
|----------------------------------|--------------------------------|----------------------------------|
| 1. GEORGE <b>WASHINGTON</b>      | 16. ABRAHAM <b>LINCOLN</b>     | 31. HERBERT <b>HOOVER</b>        |
| 2. JOHN <b>ADAMS</b>             | 17. ANDREW <b>JOHNSON</b>      | 32. FRANKLIN D. <b>ROOSEVELT</b> |
| 3. THOMAS <b>JEFFERSON</b>       | 18. ULYSSES S. <b>GRANT</b>    | 33. HARRY S. <b>TRUMAN</b>       |
| 4. JAMES <b>MADISON</b>          | 19. RUTHERFORD B. <b>HAYES</b> | 34. DWIGHT D. <b>EISENHOWER</b>  |
| 5. JAMES <b>MONROE</b>           | 20. JAMES <b>GARFIELD</b>      | 35. JOHN F. <b>KENNEDY</b>       |
| 6. JOHN QUINCY <b>ADAMS</b>      | 21. CHESTER A. <b>ARTHUR</b>   | 36. LYNDON B. <b>JOHNSON</b>     |
| 7. ANDREW <b>JACKSON</b>         | 22. GROVER <b>CLEVELAND</b>    | 37. RICHARD M. <b>NIXON</b>      |
| 8. MARTIN <b>VAN BUREN</b>       | 23. BENJAMIN <b>HARRISON</b>   | 38. GERALD R. <b>FORD</b>        |
| 9. WILLIAM HENRY <b>HARRISON</b> | 24. GROVER <b>CLEVELAND</b>    | 39. JIMMY <b>CARTER</b>          |
| 10. JOHN <b>TYLER</b>            | 25. WILLIAM <b>MCKINLEY</b>    | 40. RONALD <b>REAGAN</b>         |
| 11. JAMES K. <b>POLK</b>         | 26. THEODORE <b>ROOSEVELT</b>  | 41. GEORGE H. W. <b>BUSH</b>     |
| 12. ZACHARY <b>TAYLOR</b>        | 27. WILLIAM HOWARD <b>TAFT</b> | 42. WILLIAM J. <b>CLINTON</b>    |
| 13. MILLARD <b>FILLMORE</b>      | 28. WOODROW <b>WILSON</b>      | 43. GEORGE W. <b>BUSH</b>        |
| 14. FRANKLIN <b>PIERCE</b>       | 29. WARREN G. <b>HARDING</b>   | 44. BARACK <b>OBAMA</b>          |
| 15. JAMES <b>BUCHANAN</b>        | 30. CALVIN <b>COOLIDGE</b>     | 45. DONALD <b>TRUMP</b>          |

**"Now that sounds presidential!"**



**"Be sure you put your feet in the right place, then stand firm."**

—*Abraham Lincoln*

**"Believe that you can and you're halfway there."**

—*Theodore Roosevelt*

**"Plans are nothing; planning is everything."**

—*Dwight D. Eisenhower*

**"Tell the truth, work hard and come to dinner on time."**

—*Gerry Ford*




## T's Winter Egg IQ

Q: What do you call a dozen eggs on a toboggan?

A: Scrambled!

Q: What did Snow White call her chicken?

A: Egg white

Q: How do eggs stay healthy during a dead cold RI winter? - 

A: They eggs-ercise.

