



Kid's Menu

Prairie Grass Café's Chef Sarah Stegner is partnering with Healthy Fare for Kids™ to establish guidelines and lead the change of Chicagoland restaurants to offer healthier choices on their kid's menus



Look for the  logo to indicate Chef recommended items

Combo Plate - sliced apples, carrots, bananas, chunks of cheese and cucumbers

Edamame



Filet of Whitefish – 4 ounce portion

Served with Chef's Choice of Vegetables Lake Superior wild whitefish



“Tallgrass Beef” Filet—4 ounce portion

Served with Chef's choice of vegetables



Breaded Chicken Cutlet and Sauteed Carrots

Made with all natural chicken and “Genesis Growers” carrots

Spaghetti with Meat Sauce

Made with “Tallgrass” Grass-fed Beef and Whole Grain Spaghetti

Spaghetti with Tomato Sauce

Made with Whole Grain Spaghetti

Mac and Cheese

Made with local “Hook's” white cheddar

All entrees are served with a side of vegetables

Chef Sarah Stegner is a Founding Member and Co-President of Green City Market

Visit www.healthyfareforkids.com today to learn more about the program.