

Evening Eats

Each meal includes a froz and choice of milk (80-150 cal) *or so*

Grilled cheese with fresh fruit (550 cal) **

Mac & cheese with fresh fruit (550 cal) **

Chicken fingers with fresh fruit (550 cal) **

Cheeseburger with fries (540 cal) **

Grilled chicken with fries (540 cal) **

Pizza with fresh fruit (440 cal) **

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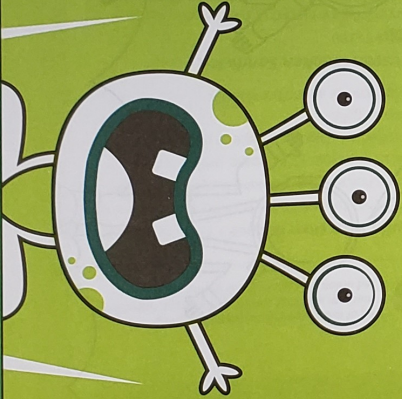
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Out-of-This-World

Kids Eat Free*



Breakfast Bites \$5.75

Each meal includes choice of

orange juice (110 cal) or milk (80-150 cal)

Mini malted waffles with bacon (610 cal)

Eggs with bacon and toast (400 cal)**

Oatmeal (210 cal)

Fresh fruit and yogurt (150-220 cal)

Cereal with milk and fresh fruit (200-440 cal)

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*Available at Holiday Inn® Hotels & Resorts in the US and Canada. Up to 2 kids age 12 and under can enjoy a complimentary breakfast. Not available for room service or with room rates negotiated for groups of 10 or more. If ordered from your room, the meal price will apply as well as the hotel's standard rates and taxes.

**Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please eat responsibly.

†200 to 1,400 calories a day is used for general nutrition advice for children ages 9 to 13. Children 9 to 13 years, but calorie needs vary. Additional nutrition information available upon request.