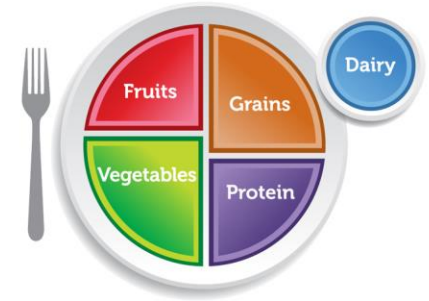


# COUNTRY CLUB OF PEORIA

## Kid's Healthy Eating



CCP offers quality, healthy and flexible dining to our members; your children's experiences shouldn't be any different! Chef Mark has developed a menu that aligns with the USDA "Choose My Plate" Program that helps promote healthy eating by combining local, fresh, healthy ingredients and preparation methods to enable your kids to make great choices.

### PROTEIN

Hamburger  
Chicken Breast  
Chicken Fingers  
Hot Dog  
Grilled Salmon  
Grilled Shrimp  
Hot Turkey  
Hot Roast Beef

### VEGETABLES

Broccoli  
Corn  
Peas & Carrots  
Green Beans  
Asparagus  
Lettuce Mix  
Carrot and  
Celery Sticks

### GRAINS

Mashed Potato  
Macaroni &  
Cheese  
White Rice  
Whole Wheat  
Pasta  
Pretzels  
Potato Chips  
French Fries

### FRUITS

Apple Slices  
Strawberry  
Apple Juice  
Orange Juice  
Pineapple  
Watermelon  
Apple Sauce

### DAIRY

Milk  
Chocolate Milk  
Cottage Cheese  
Flavored Yogurt  
Cheddar Cheese  
Vanilla Pudding  
Chocolate Pudding

All  
Kid's Meals  
\$10