

Section 5: Kid's Meals

Menu Item	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)	% Cals from Fat	% from Carbs	% from protein
Steak-Out 4 oz Kids Burger w/o Sauce ala Carte	291	211	23.4g	9.4g	84mg	78mg	0g	0g	0g	20.1g	72.4%	0%	27.6%
Steak-Out Kid's Burger w/sauce and bun	419	231	25.6g	9.9g	84mg	1632mg	22.4g	1.1g	21.3g	24.7g	55.1%	21.4%	23.6%
Steak-Out Kids Meal Burger w/ sauce, bun, chips, ketchup, mayo, mustard packet, 4 oz applesauce, no oreos or honey grahams	719	384	42.6g	13g	97mg	3296mg	57.1g	2.2g	54.9g	26.7g	53.4%	31.8%	14.8%
Steak-Out Kid's Meal Cheeseburger w/ sauce, roll and cheese	489	281	31.2g	13.9g	99mg	1972mg	23.4g	1.1g	22.3g	28.7g	57.4%	19.1%	28.7%
Steak-Out Kids Meal Cheeseburger w/ sauce, bun, American cheese, potato chips, ketchup, mustard, mayo packets, 4 oz applesauce. No oreo's or honey grahams	789	434	48.2g	17g	112mg	3636mg	58.1g	2.2g	55.9g	30.7g	55%	29.4%	15.6%
Steak-Out Kid's Meal Chicken Nuggets ala Carte 3.5 oz	259	131	14.6g	2.9g	29mg	438mg	17.5g	1.9g	15.6g	14.6g	50.5%	27%	22.5%
Steak-Out Kid's Meal Chicken Nuggets w/ BBQ sauce, applesauce, and 2 ct Oreos	509	173	19.2g	3.9g	29mg	910mg	68.1g	3.3g	64.8g	15.8g	34%	53.6%	12.4%
Steak-Out Teddy Grahams	59	15	1.7g	0g	0mg	70mg	10g	0g	10g	1g	25.4%	67.8%	6.8%
Steak-Out Oreos – 2 pk	108	40	4.4g	1g	0mg	120mg	16g	0g	16g	1g	37%	59.3%	3.7%
Steak-Out Oreos- 4 pk	164	60	6.7g	1.5g	0mg	180mg	24g	1g	23g	2g	36.6%	58.5%	4.9%