

## About Green Plate Kids

Green Plate Kids offers fresh, healthy, convenient and kid-friendly meals for your children and family. Our menu is designed by a registered dietitian and trained chef and is kid-tested and approved. We use organic and locally-sourced products as much as possible. Green Plate Kids is a great alternative for busy parents, saving you the time and the hassle of shopping and cooking so you can spend more time with what matters most, your family.

We offer home delivery, pick-up, school lunch programs, family meals complete with sides and event catering for children and adults. We have many gluten free and vegetarian menu items.

Please visit our website for more information including detailed menu items, ingredients, nutrition labels and allergen information:

[www.greenplatekids.com](http://www.greenplatekids.com)

---

## Kids Catering Menu



**Green Plate Kids**  
Yummy • Healthy • Plates to Go  
[www.greenplatekids.com](http://www.greenplatekids.com)

5200 West Loop South, Suite 205  
Bellaire, TX 77401  
office 713.665.5885  
fax 713.715.1898  
[info@greenplatekids.com](mailto:info@greenplatekids.com)



*Our meats are hormone- & nitrate-free.  
We use organic & locally-sourced foods used as  
often as possible. Complete nutrition & allergen  
information is available on our website:  
www.greenplatekids.com.*

## Kids

### Chicken Nuggets (Gluten-Friendly)

Chicken breast, chickpeas, squash & organic brown rice crisps. Served with organic ketchup.

50 nuggets \$35  
100 nuggets \$65

### Chicken Tenders (Gluten-Friendly, Dairy-Free)

Chicken breast served with Greek-yogurt based ranch or organic ketchup.

36 tenders \$45  
72 tenders \$90

### Sandwich Shapes

Turkey/mild cheddar, ham/mild cheddar &/or almond butter/organic strawberry jam.

20 sandwiches \$40  
40 sandwiches \$75

### Yummy Mac & Cheese

Multi-grain pasta with cheddar cheese & pureed butternut squash.

20 portions \$40  
40 portions \$75

### Turkey Sliders

Ground turkey & vegetables topped with mild cheddar on a whole wheat bun.

20 sliders \$35  
40 sliders \$70

### Mini-Pizzas (3" rounds)

Whole wheat crust & tomato sauce with spinach & butternut squash. Cheese, veggie, BBQ chicken or pepperoni.

20 mini-pizzas \$40  
40 mini-pizzas \$75

## Regular Sized Pizzas

Choose from cheese, veggie, BBQ chicken or pepperoni.

12" pizza—\$12 cheese, \$14 all others  
16" pizza—\$14 cheese, \$18 all others

## Adults

### Adult Sandwich Platter

Choose from turkey with Swiss, hummus, & cucumber; sesame apricot chicken salad; roasted veggie with pesto & mozzarella; &/or beef tenderloin with chimichurri & roasted red peppers.

10 sandwiches \$65  
20 sandwiches \$130

### Sesame Apricot Chicken Salad Platter

Chicken with scallions, dried apricots, pecans, & non-fat Greek yogurt, tossed in sesame-ginger dressing & served with whole wheat pita chips.

Small (10-12 adults) \$30  
Large (15-20 adults) \$60

## Sides

### Fresh Veggie Platter

Mixed veggie platter with hummus or homemade Greek yogurt-based ranch (or choose both. Can substitute whole wheat pita chips.)

Small (10-12 adults) \$25  
Large (15-20 adults) \$40

### Fresh Fruit Bowl

Small (10-12 adults) \$35  
Large (15-20 adults) \$65

### Caprese Pasta Salad

Multi-grain fusilli pasta with cherry tomatoes, mozzarella, yellow bell peppers, & basil.

Small (10-12 adults) \$25  
Large (15-20 adults) \$50

## Breakfast, Snacks & Desserts

### Granola Bars

Oats, almonds, dried cranberries, apricots & coconut with honey, vanilla & spices.

\$11/dozen

### Jammy Bars

Whole grain goodness layered with organic jam, perfect for breakfast or a snack.

\$11/dozen

### Blueberry Streusel Mini-Muffins

Yummy & classic blueberry streusel muffins made with nonfat Greek yogurt.

\$8/dozen

### Banana-Chocolate Chip Mini-Muffins

Dark chocolate with sweet bananas (and butternut squash and applesauce, too!)

\$8/dozen

### Cookies

Oatmeal Raisin or Zucchini-Chocolate Chip

\$8/dozen

### Mini-Cupcakes

All-natural chocolate or vanilla cupcakes with chocolate or vanilla icing (sprinkles available in various colors).

\$10/dozen

### Super Brownie Mini-Muffins

Packed with antioxidant rich spinach, blueberries & dark chocolate.

\$8/dozen

*We require 3 days notice to place order  
& 48 hrs to cancel.*

*Saturday minimum order \$50 + \$15 delivery,  
Sunday minimum order \$75 + \$25 delivery.*

*We can help customize your party  
and accommodate many special diet requests!*

