



Encouraging fruits, vegetables & low fat dairy for kids!

Eat Well Play Hard Kids Menu Standards

Participating Restaurants:

- The Knotty Pine at Chateaugay Lake
- Lisa G's in Lake Placid
- The Grill Room Restaurant at The Malone Golf Club

The Standards:

- Fruit or Vegetable is included with the meal (french fries will not count as a vegetable but may be included with the meal)
- 1% or Skim (Nonfat) Milk/Chocolate Milk if milk is included with the meal
- 100% Fruit Juice if juice is included with the meal

2 Ways to Participate:

- Each meal offered as a kid's menu selection will meet the standards so the entire menu is an Eat Well Play Hard Kid's Menu

OR

- One or more kid's menu selections meet the standards and are labeled with the Eat Well Play Hard logo indicating that the meal is a healthy choice

Menu Labeling Options

- A digital version of the Eat Well Play Hard logo can be provided so that it may be printed directly on menus
- Stickers can be provided and placed on menus or next to the menu items that meet the standards (2 sizes available)

Window Clings

- Eat Well Play Hard window clings will be provided for placement on entrance doors or windows (optional)

Incentives

- All participating restaurants will be listed on the Eat Well Play Hard website
- A press release will be issued to all media outlets in the region highlighting the participating restaurants