



## Eating Out Made ... Easier

**G**rabbing a quick bite to eat when you're on the go can mean stocking up on some pretty unhealthy options. But busy families have a healthful option with Panera Bread's new kids menu, Panera Kids. Choices for little bellies include stand-by favorites like PB&J or grilled cheese, but all the ingredients are organic, whole grain and low fat. Side dishes include fruit, yogurt or low-fat milk. **Nutritional information and locations can be found at [panerabread.com](http://panerabread.com).**

