

# First Watch Kids Menu Prices 2026

Prices and options extracted from the provided Kids Menu content.

## Kids Menu Items, Prices & Choices

| Kids Menu Choice            | Price  | Calories | Protein | Carbs | Great For                   | Fruit |
|-----------------------------|--------|----------|---------|-------|-----------------------------|-------|
| Kids Steel-Cut Oatmeal      | \$5.99 | 300      | 9g      | 52g   | Ages 2-6, Value Choice      | Yes   |
| Kids Bacon & Egg            | \$7.59 | 410      | 16g     | 22g   | Ages 3-10, Protein-Rich     | Yes   |
| Kids Chocolate Chip Pancake | \$7.59 | 870      | 13g     | 128g  | Ages 5-10, Sweet Choice     | Yes   |
| Kids Half Waffle            | \$7.59 | 520      | 11g     | 58g   | Ages 4-8, Smaller Appetite  | Yes   |
| Kids Granola Bowl           | \$7.59 | 530      | 15g     | 82g   | Ages 3-10, Yogurt Lovers    | Yes   |
| Kids French Toast           | \$7.79 | 620      | 14g     | 76g   | Ages 5-10, Occasional Treat | Yes   |
| Kids Grilled Cheese         | \$8.82 | 820      | 28g     | 72g   | Ages 5-12, Lunch Pick       | Yes   |

## Nutritional Ranking

| Rank | Kids Menu Choice       | Calories | Protein | Sugar Level   | Nutrition Rating |
|------|------------------------|----------|---------|---------------|------------------|
| 1    | Steel-Cut Oatmeal      | 300      | 9g      | Low (Natural) | Excellent        |
| 2    | Bacon & Egg            | 410      | 16g     | Very Low      | Very Good        |
| 3    | Granola Bowl           | 530      | 15g     | Moderate      | Good             |
| 4    | Half Waffle            | 520      | 11g     | Moderate      | Good             |
| 5    | French Toast           | 620      | 14g     | Moderate-High | Fair             |
| 6    | Grilled Cheese         | 820      | 28g     | Low           | Fair             |
| 7    | Chocolate Chip Pancake | 870      | 13g     | High          | Occasional       |

## Kids Menu Items with Prices & Pictures

| Item                  | Price  | Calories |
|-----------------------|--------|----------|
| Little Granola Bowl   | \$7.59 | 520      |
| Junior Waffle         | \$7.59 | 530      |
| Cheesy Toast          | \$7.69 | 820      |
| French Toast for Kids | \$7.59 | 620      |
| Junior Bacon & Egg    | \$7.59 | 530      |
| Mini Pancake          | \$7.69 | 820      |

Note: This PDF reflects the prices and figures in the content provided. Restaurant prices and availability may vary by location.