# Panera Kids Menu: Prices & Calories



### Kids Mac & Cheese

The richer, more indulgent option of the two comfort-food choices, and a middle-of-the-road pick calorie-wise. Popular with younger kids in particular, and generally a safe order if your child already likes mac & cheese at home.

**Price: $7.79**

**Calories: 490**



### Kids Broccoli Cheddar Soup

The lowest-calorie item on the menu by a wide margin, and tied for the cheapest. Works well on colder days or for kids used to eating soup at home. This is the closest thing to a lighter option on this menu, though it's still a cheese-based soup rather than a "diet" choice.

**Price: $6.99**

**Calories: 280**



### Kids Turkey & Cheese Sandwich

The most expensive item on the menu, tied with the ham & cheese version. A better fit for kids who prefer sandwiches over pasta or a melt, and a reasonable middle-calorie option between the grilled cheese and the soup.

**Price: $7.79**

**Calories: 630**



### Kids Ham & Cheese Sandwich

Nearly identical to the turkey version in both price and calories. The choice between the two really comes down to protein preference rather than any meaningful nutritional difference.

**Price: $7.79**

**Calories: 640**



### Kids Grilled Cheese

The cheapest item on the menu, and the safest bet for picky eaters: simple, familiar, nothing unexpected. It's also, somewhat counterintuitively, the highest-calorie item on the list, so it's not automatically the "lighter" choice just because it looks simple.

**Price: $6.69**

**Calories: 810**