Olive Garden Kids Menu 2026 – Prices, Calories & Hacks

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Kids Pasta Meals

Item	Price	Calories
Kids Fettuccine Alfredo	$6.99	360
Kids Spaghetti with Marinara	$6.99	300
Kids Pasta with Alfredo Sauce Only	$6.99	440
Kids Pasta with Marinara Sauce Only	$6.99	150
Kids Pasta with Butter Sauce Only	$6.99	80
Kids Pasta with Meat Sauce Only	$6.99	110

Kids Protein Meals

Item	Price	Calories
Kids Grilled Chicken with Rotini & Marinara	$9.28	430
Kids Chicken Fingers (3 pieces)	$6.99	290
Kids Mini Pizza	$6.99	350

Kids Sauces Only

Item	Price	Calories
Alfredo Sauce Only	$6.99	440
Marinara Sauce Only	$6.99	150
Butter Sauce Only	$6.99	80
Meat Sauce Only	$6.99	110

Take Home Entrées (Kid-Sized Hack)

Item	Price	Calories
Fettuccine Alfredo Take Home	$6.00	360
Five Cheese Ziti Take Home	$6.00	400
Spaghetti with Meat Sauce Take Home	$6.00	300

Breadsticks & Sides

Item	Price	Calories
Breadsticks (per serving)	$2.99	470
Side of Broccoli	$3.99	60
Side Salad	$4.49	150

Drinks for Kids

Item	Price	Calories
Kids Soft Drink	$1.99	90-130
Kid's Milk	$1.99	100
Apple Juice Box	$1.99	70

Popular Kids Combos

Item	Price	Calories
Kids Meal with Pasta, Breadsticks & Drink	$6.99	600-700
Kids Grilled Chicken Meal with Pasta & Drink	$9.28	700-800
Kids Mini Pizza Combo with Drink	$6.99	450-550

Value and Savings Tips

Item	Price	Calories
Order Kids Meal for Adults	Kids portions are generous enough for adults, especially for lunch	Up to $8
Add Protein for $2 Extra	Enhance kids pasta meal with chicken or shrimp	Good value upgrade
Use Take Home Entrée Option	Get popular entrées for just $6 to enjoy leftovers	Save $10+ per meal

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.