

OCTOBER 2017- A SPECIAL SECTION FROM THE
DAILY STAR-JOURNAL

Local Dining Guide



A TASTE OF WARRENSBURG

Tips for a successful family night out

Dining out is incredibly popular. According to the National Restaurant Association, restaurant industry sales were expected to exceed \$782 billion in the United States alone.

Dining out would seemingly appeal to diners from all walks of life, but parents of young children may find it difficult to enjoy dining out with tots in tow. The following tips can help parents of young children make the most of their nights out as a family.

- Do your homework. Parents should take some time before choosing a restaurant to examine the menus and policies of any establishments they are considering. Many restaurants make their menus available online, so parents can compare menus of various establishments to determine which have the most

kid-friendly fare. Some restaurants have children's menus, while others do not. Examine menus ahead of time so you don't arrive at the restaurant only to sit down and discover it does not have anything your children are likely to eat. In addition, determine if restaurants have any specific rules regarding children. Some might not allow youngsters after a certain hour, while others might go above and beyond to accommodate families.

- Dine during off-peak hours. Parents concerned about how their children will behave in a restaurant setting can get kids used to the dining out experience by dining during off-peak hours, such as late afternoon or very early in the evening. Restaurants are less crowded during

these times, and that can lessen concerns parents might have about upsetting other customers.

- Bring something to keep kids occupied. Parents may want to bring something along to keep kids distracted in case the restaurant is busy or meals take longer to prepare than expected. While tablets with video games or movies might keep kids occupied on road trips, it's best to avoid bringing something noisy into a restaurant setting. Coloring books, word search puzzles or traditional books won't distract or upset fellow diners and can help keep kids occupied until dinner is served.

- Ask to be seated at a kid-friendly table. When being seated, ask the hostess to seat your party in an area where kids won't be distracted or grow antsy. A corner

booth can make for a cozy family meal, and kids won't be distracted by fellow diners or even other youngsters in the restaurant.

- Explain restaurant etiquette to youngsters before going out. If the family dinner table at home is short on etiquette but long on fun, explain to youngsters that the same rule does not apply at the restaurant. Parents can explain that it's still okay to have fun when dining out, but that the volume needs to be turned down and everyone must remain in their seats unless they need to use the restroom.

Parents can calm their nerves about dining out with youngsters by employing a few strategies that can make family nights out on the town enjoyable for all involved.



Local dining spots foster community

Dining out is a great way to celebrate life's milestones or simply reconnect with friends and loved ones.

Too often diners are not aware of the vast array of tasty, well-priced and artisanal foods awaiting them just down the street. But dining out at local eateries can be beneficial in various ways.

- High-quality food: Many local establishments have complete control over their suppliers and menus. As a result, they can be picky with regard to the vendors they use and the produce,

meats, dairy, and other ingredients that they select. Many small, independently owned restaurants team up with local organic farmers and distributors to supply a farm-to-table experience that many diners now enjoy.

- Freedom of experimentation: Although chain restaurants may have to meet approval from administrative boards and marketing departments before they can introduce new fare, independently owned restaurants can let their diners decide which foods remain on the menu and even adapt to community trends. Local restaurants may take pride in serving cultural or regional foods.

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- Ability to customize: Independently owned restaurants may be more amenable to adapting recipes or making substitutions to meet diners' requests. Skilled local chefs can think on the fly and modify recipes, which may not always be possible in chain establishments.

- Crowd control: Local restaurants tend to be smaller and more intimate than many chain restaurants. This can translate into a calm dining experience. When crowds are small, the noise level inside may be muted and service may be faster because there aren't as many tables to serve. Furthermore, local

establishments, although concerned about making a profit, may be less worried about table turnover rate, preferring to let diners linger if it means repeat business.

- Familiar faces: Some diners enjoy being a "regular" at their favorite local restaurants. Local dining spots also become gathering locations for residents in the know, instead of passing-through tourists or commuters.

Much can be said about the advantages of patronizing local eateries. Men and women who want unique dining experiences can give local, independently owned establishments a try.

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Served with rice, beans, lettuce, pico de gallo and sour cream.

Burritos de Asada

A large burrito filled with rice, beans, and your choice of steak, chicken or pork, topped with burrito sauce and cheese dip.

Burrito Grande

A large burrito filled with grilled steak, chicken, shrimp, chorizo, rice and beans, topped with a special sauce and cheese sauce.

Fajita Tropicana

Chicken, steak, shrimp, pineapple, onions, tomatoes and bell peppers. Served with rice, beans, tortillas, lettuce, sour cream and pico de gallo.

Carnitas

Seasoned pork tips with grilled onions. Served with rice, beans, tortillas, lettuce, jalapeños and a avocado slice.

Pollo con Queso

Grilled chicken strips covered with cheese dip.
Served with rice, beans and tortillas.

Steak and Shrimp

T-bone steak topped with grilled shrimp, onions, bell peppers, tomatoes, smothered in cheese dip. Served with rice, beans and tortillas.

Tilapia con Camaron

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