

## Smart Choice Menu: October 11<sup>th</sup>- October 17<sup>th</sup>

These meals are intended to be a guideline for healthy eating and should include healthy snacks between meals.

SUNDAY: TOTAL CALORIE COUNT= 1416			
<b>Brunch= 687</b>		<b>Dinner= 729</b>	
2 Cheddar Cheese Scrambled Eggs	270	1 svg Meatloaf	340
2 Slices French Toast	300	$\frac{1}{2}$ c Whipped Potatoes	135
1 Tbsp. Maple Syrup	50	$\frac{1}{2}$ Cup Green Beans	35
1 Orange	67	$\frac{1}{2}$ c LowFat Yogurt	114
Water	0	12oz Lemonade	105
MONDAY: Total Calorie Count= 1390			
<b>Lunch=700</b>		<b>Dinner= 690</b>	
Tuna Sandwich on Wheat w/ Lettuce & Tomato	300	1 Svg. Chicken Veronique	318
2 c Garden Salad	90	$\frac{1}{2}$ c Bow tie pasta	200
1 Tbsp Light Dressing	35	1 Dinner Roll	84
1 Banana	108	$\frac{1}{2}$ oz Low fat Frozen Yogurt	110
12oz Apple Juice	167	Water or Diet Soda	0
TUESDAY: Total Calorie Count= 1413			
<b>Lunch=710</b>		<b>Dinner=703</b>	
1 Slice Pepperoni Pizza	408	Spaghetti / Spinach & Mushroom	250
1 Apple	81	1 Bread Stick	95
12oz Cranberry Juice	221	1 Sugar Cookie	190
		12 oz Orange Juice	168
WEDNESDAY: Total Calorie Count= 1390			
<b>Lunch= 672</b>		<b>Dinner=718</b>	
1 Whole Pita	170	Shrimp Lo Mein	441
$\frac{1}{2}$ c Hummus	210	$\frac{1}{2}$ Cup Peas from Salad Bar	88
2 C Garden Salad	90	1 c Cauliflower from Salad Bar	54
1 Tbsp. Lite Ranch Dressing	35	1 Fortune Cookie	30
12 oz Apple Juice	167	12 oz Lemonade	105
THURSDAY: Total Calorie Count= 1352			
<b>Lunch= 681</b>		<b>Dinner= 671</b>	
1 Plain Bagel	290	13 oz Svg Home Style Roast Beef	221
1 individual tub Philadelphia light, Regular Cream Cheese (1 oz.)	60	1 c Green Beans	56
1 Banana	110	$\frac{1}{2}$ c Mashed Potatoes	110
12 oz Cranberry Juice	221	$\frac{1}{2}$ tbsp butter	51
		12oz Grape Juice	233
FRIDAY: Total Calorie Count=1384			
<b>Lunch= 690</b>		<b>Dinner=694</b>	
1 Grilled Cheese Sandwich	232	$\frac{1}{2}$ c Fried Shrimp	260
1 c Tomato Soup	88	1 Corn Cobbett	59
1 cup Grapes from Salad Bar	62	2 c Garden Salad	90
1 Choc Chip Cookie	140	2 Tbsp Light Dressing	70
12 oz Orange Juice	168	$\frac{1}{2}$ Low-Fat Vanilla Frozen Yogurt	110
		12 oz Lemonade	105
SATURDAY: Total Calorie Count=1442			
<b>Brunch: 694</b>		<b>Dinner= 748</b>	
2 Cheddar Cheese Scrambled Eggs	270	1 svg No Bull Beefaroni	448
3 Bacon Strips	110	1 Vegetable Egg Roll	132
1 Apple	81	12 oz Orange Juice	168
12oz Grape Juice	233		