


## Smart Choice Menu: October 18<sup>th</sup>- October 24<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= 1427			
<b>Brunch= 671</b>		<b>Dinner= 756</b>	
2 Slices French Toast	300	1svg Hearty Macaroni	364
2 Tbsp. MapleSyrup	100	$\frac{1}{2}$ c Oriental Blend Vegetables	37
3 Bacon Strips	75	1 Poppy Seed Dinner Roll	136
1 Orange	67	0.5c LowFat Yogurt	114
12oz Skim Milk	129	12oz Lemonade	105
MONDAY: Total Calorie Count= 1408			
<b>Lunch=719</b>		<b>Dinner=689</b>	
Tuna Sandwich on Wheat w/ Lettuce & Tomato	300	Herbed Winter Vegetable Roast	204
2 c Garden Salad	90	$\frac{1}{2}$ c Italian Vegetable Mix	67
1 Banana	108	1 Dinner Roll	120
12oz Cranberry Juice	221	1 Sugar Cookie	190
		12oz Skim Milk	105
TUESDAY: Total Calorie Count= 1404			
<b>Lunch= 684</b>		<b>Dinner= 720</b>	
Hot Turkey Sandwich w/ Gravy	379	Stir-Fried Broccoli & Mushrooms	275
2c Capri Blend Vegetables	80	$\frac{1}{2}$ c Sticky Rice	125
1c Cantaloupe	58	$\frac{1}{2}$ c Carrots	78
12oz Apple Juice	167	1 c Snap Peas	74
		12 oz Orange Juice	168
WEDNESDAY: Total Calorie Count= 1371			
<b>Lunch=687</b>		<b>Dinner=684</b>	
1 Slice Pepperoni Pizza	408	2 svg Fried Tilapia	180
1 Banana	110	$\frac{1}{2}$ c Scalloped Potatoes	124
1 c Broccoli	64	Grilled Ratatouille Salad	110
12oz Lemonade	105	1 slice Corn Bread	165
		12oz Lemonade	105
THURSDAY: Total Calorie Count= 1402			
<b>Lunch=704</b>		<b>Dinner= 698</b>	
Italian Meatball Sub w/ Provolone	290	1 Hamburger w/ Lettuce & Tomato	450
$\frac{1}{2}$ c Grapes	31	1 c Garden Salad	45
$\frac{1}{2}$ c Potato Salad (salad bar)	150	1 Tbsp. Lite Ranch Dressing	35
12oz Grape Juice	233	12 oz Orange Juice	168
			
FRIDAY: Total Calorie Count= 1425			
<b>Lunch= 692</b>		<b>Dinner= 733</b>	
1 Grilled Chicken Sandwich w/ Lettuce And Tomato	250	1 Crab Cake Sandwich	266
$\frac{1}{2}$ c Peas from Salad Bar	75	1 c Coleslaw	150
1 Chocolate Chip Cookie	200	$\frac{1}{2}$ c Peaches	68
12 oz Apple Juice	167	$\frac{1}{2}$ cup Frozen Yogurt	120
		12oz Skim Milk	129
SATURDAY: Total Calorie Count= 1410			
<b>Brunch: 705</b>		<b>Dinner= 705</b>	
2 Cheddar Cheese Scrambled Eggs	270	1 chicken fajita w/ 2tbsp salsa, no sour cream	436
2 Slices Wheat Toast	140	$\frac{1}{2}$ c Spanish Rice	117
1 Pork Sausage Link	190	1c Barbeque Red Beans	152
12 oz Lemonade	105	12 oz Water or Diet Soda	0