

## Smart Choice Menu: October 25th- October 31st

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

SUNDAY: TOTAL CALORIE COUNT= 1389			
<b>Brunch= 687</b>		<b>Dinner= 702</b>	
2 Cheddar Cheese Scrambled Eggs	270	Tortellini with fresh Vegetables	254
2 Slices French Toast	300	1c Steamed Cauliflower	54
1 Tbsp. Maple Syrup	50	½ Pita Bread	85
1 Orange	67	1 Oatmeal Raisin Cookie	180
Water	0	12oz. Skim Milk	129
MONDAY: Total Calorie Count= 1411			
<b>Lunch=696</b>		<b>Dinner=715</b>	
Turkey and American Cheese Sandwich on Wheat w/ Lettuce & Tomato	280	1 Svg Blackened Catfish (w/o sauce)	198
0.5 c Low Fat Yogurt	114	1 Dinner Roll	120
1 Apple	81	½ c Sweet Corn from Salad Bar	100
12oz Cranberry Juice	221	1 c Broccoli from Salad Bar	64
		12 oz Grape Juice	233
TUESDAY: Total Calorie Count= 1412			
<b>Lunch= 679</b>		<b>Dinner= 733</b>	
1 Plain Bagel (preferably wheat)	290	1 Svg Chicken Cordon Bleu (Plain)	300
1.5 tbsp Peanut Butter	150	0.5 c Scalloped Potatoes	124
1 Banana	110	0.5c Steamed Broccoli	32
12oz. Skim Milk	129	½ c Low-fat frozen yogurt	110
		12 oz Apple Juice	167
WEDNESDAY: Total Calorie Count= 1438			
<b>Lunch=690</b>		<b>Dinner=748</b>	
1 Slice Veggie Pizza	331	6-Cheese Lasagna - Stouffer's 1 svg	333
1 c Broccoli from Salad Bar	64	1 slice Garlic Bread	108
1c Grapes from Salad Bar	62	1c Applesauce	136
12 oz Grape Juice	233	12oz Cranberry Juice	221
THURSDAY: Total Calorie Count= 1424			
<b>Lunch= 698</b>		<b>Dinner= 726</b>	
1 Hamburger w/ Lettuce & Tomato	450	Baked Bones (2)	447
1 c Garden Salad	45	0.5c Creepy Crawler Carrots	105
1 Tbsp. Lite Ranch Dressing	35	2c Spinach Leaves	12
12 oz Orange Juice	168	0.5c Tomatoes	18
		0.5c Broccoli	24
		1Tbsp Balsamic Vinaigrette	30
		12oz Witches Brew Cider	90
FRIDAY: Total Calorie Count= 1443			
<b>Lunch= 713</b>		<b>Dinner= 730</b>	
1 Grilled Cheese Sandwich	232	1 Svg. Sesame Tofu Stir Fry	251
0.5c Potato Salad from Salad Bar	150	1 Whole Pita from Salad Bar	170
1 Banana	110	1 Oatmeal Raisin Cookie	180
12oz Cranberry Juice	221	12oz Skim Milk	129
SATURDAY: Total Calorie Count= 1450			
<b>Brunch= 682</b>		<b>Dinner= 768</b>	
2 Cheddar Cheese Scrambled Eggs	270	1 Piece of Hawaiian Chicken	302
2 Slices Wheat Toast	140	½ c Basmati rice w/ Peas and Carrots	83
1 Tbsp. Butter	100	1 Shrimp Egg Roll	150
1 Orange	67	12oz Grape Juice	233
12oz Lemonade	105		