

Smart Choice Menu: December 13th- December 19th

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

SUNDAY: TOTAL CALORIE COUNT= 1427			
Brunch= 671		Dinner= 756	
2 Slices French Toast	300	1 svg Hearty Macaroni	364
2 Tbsp. Maple Syrup	100	½ 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			
Lunch=719		Dinner=689	
Tuna Sandwich on Wheat w/ Lettuce & Tomato	300	Herbed Winter Vegetable Roast	204
2 c Garden Salad	90	½ 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= 1465			
Lunch= 747		Dinner= 718	
1 Buffalo Fish Flatbread Sandwich	689	Stir-Fried Broccoli & Mushrooms	275
1c Cantaloupe	58	½ c Sticky Rice	125
12oz Water	0	1.5 c Carrots & Snap Peas	150
		12 oz Orange Juice	168
WEDNESDAY: Total Calorie Count= 1423			
Lunch=687		Dinner=736	
1 Slice Pepperoni Pizza	408	2 Pieces Fried Tilapia	180
1 Banana	110	1 Svg Scalloped Potatoes	219
1 c Broccoli	64	1 Svg Grilled Ratatouille Salad	147
12oz Lemonade	105	1 Sugar Cookie	190
		12oz Water or Diet Soda	0
THURSDAY: Total Calorie Count= 1432			
CHEF'S SPECIAL		CHEF'S SPECIAL	
FRIDAY: Total Calorie Count= 1425			
CHEF'S SPECIAL		CHEF'S SPECIAL	
SATURDAY: Total Calorie Count= 1410			
CHEF'S SPECIAL		CLOSES at 2:00 pm	