

Smart Choice Menu: December 6th- December 12th

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

SUNDAY: TOTAL CALORIE COUNT= 1414			
Brunch= 710		Dinner= 704	
2 Slices French Toast	300	1 Svg Meatloaf	340
2 Tbsp. Maple Syrup	100	$\frac{1}{2}$ c Whipped Potatoes	110
3 Bacon Strips	75	$\frac{1}{2}$ Cup Green Beans	35
1 Orange	67	$\frac{1}{2}$ c Fat Free Frozen Yogurt	110
12oz Orange Juice	168	12oz Lemonade	105
MONDAY: Total Calorie Count= 1403			
Lunch=713		Dinner= 690	
Chicken Parmesan Sandwich	356	1 Svg. Chicken Veronique	318
1c Garden salad	45	$\frac{1}{2}$ c Bow tie pasta	200
1Tbsp. Lite Ranch Dressing	35	1 Dinner Roll	84
.5 c Fat-Free Frozen Yogurt	110	1 Banana	110
12 oz Apple Juice	167	Water or Diet Soda	0
TUESDAY: Total Calorie Count= 1464			
Lunch=710		Dinner=754	
1 Slice Pepperoni Pizza	408	1 Svg Tilapia Piccata	547
1 Apple	81	4 oz Vegetable Medley	145
12oz Cranberry Juice	221	0.5c Grapes	62
		12 oz Water	0
WEDNESDAY: Total Calorie Count= 1419			
Lunch= 697		Dinner=722	
Grilled Chicken Sandwich w/ Lettuce, Tomato	250	Lentil Boule	262
1/3 c Santa Fe Chipotle Bean Salad	80	4oz Rosemary Sweet Potatoes	196
1 White Chocolate Macadamia Nut Cookie	200	4oz Baby Carrots	152
12 oz Orange Juice	167	$\frac{1}{2}$ c Melon	30
		12oz Lemonade	105
THURSDAY: Total Calorie Count= 1430			
Lunch= 693		Dinner=737	
PB & J Sandwich on White bread	350	1 Svg Spaghetti and Meatballs	500
1 Banana	110	$\frac{1}{2}$ c Sugar Snap Peas	37
12 oz Grape Juice	233	$\frac{1}{2}$ c Fat-Fat Frozen Yogurt	110
		1c Skim Milk	90
FRIDAY: Total Calorie Count=1433			
Lunch= 716		Dinner=717	
Veggie Burger w/ Lettuce and Tomato	229	$\frac{1}{2}$ c Fried Shrimp	260
.5c White Rice	164	2 c Garden Salad	90
$\frac{1}{2}$ c Peas	88	2 Tbsp Light Dressing	70
.5c Peaches	68	$\frac{1}{2}$ Low-Fat Vanilla Frozen Yogurt	110
12 oz Apple Juice	167	12 oz Apple Juice	167
SATURDAY: Total Calorie Count=1455			
Brunch: 694		Dinner= 761	
2 Cheddar Cheese Scrambled Eggs	270	1 Svg Chinese Stir Fry	461
3 Bacon Strips	110	1 Vegetable Egg Roll	132
1 Apple	81	12 oz Orange Juice	168
12oz Grape Juice	233		