

Smart Choice Menu: November 29th - December 5th

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

SUNDAY			
WELCOME BACK!		Dinner= 733 Beef Fajita 492 BBQ Red Beans 76 0.5 c Pears 60 12 oz Lemonade 105	
MONDAY: Total Calorie Count= 1424			
Lunch=700 Tuna Sandwich on Wheat w/ Lettuce & Tomato 300 2 c Garden Salad 90 1 Tbsp Light Dressing 35 1 Banana 108 12oz Apple Juice 167		Dinner= 724 1 Svg Spaghetti and Meatballs 500 .5 c Sugar Snap Peas 37 1c Cantaloupe 58 12oz Skim Milk 129	
TUESDAY: Total Calorie Count= 1422			
Lunch=722 Oriental Beef Wrap 536 1 Apple 81 12oz Lemonade 105		Dinner=700 Clucker 1/4 White Chicken breast 426 ½ c Carrots 78 0.5 c Honeydew 29 12 oz Apple Juice 167	
WEDNESDAY: Total Calorie Count= 1418			
Lunch= 685 1 Whole Pita 170 ½ c Hummus 210 2 C Garden Salad 90 1 Tbsp. Lite Ranch Dressing 35 1 Oatmeal Raisin Cookie 180 12 oz Water 0		Dinner=733 Hamburger w/ Lettuce & Tomato 450 ½ Cup Peas from Salad Bar 88 ½ c Cauliflower from Salad Bar 27 12 oz Orange Juice 168	
THURSDAY: Total Calorie Count= 1404			
Lunch= 700 1 Plain Bagel 290 1 individual tub Philadelphia light, Regular Cream Cheese (1 oz.) 60 2 C Garden Salad 90 1 Tbsp. Lite Ranch Dressing 35 1c Cantaloupe 58 12 oz Apple juice 167		Dinner= 704 4 oz Svg Home Style Roast Beef 221 ½ c Mashed Potatoes 110 ½ c Carrots 78 1 Orange 62 12oz Grape Juice 233	
FRIDAY: Total Calorie Count=1419			
Lunch= 702 1 Grilled Cheese Sandwich 232 ½ c Sweet Corn 100 1 cup Grapes from Salad Bar 62 1 Choc Chip Cookie 140 12 oz Orange Juice 168		Dinner=717 1 Svg Beef Stroganoff 271 1 Svg Scandinavian Vegetables 85 1 Dinner Roll 84 1 Banana 110 12 oz. Apple Juice 167	
SATURDAY: Total Calorie Count=1440			
Brunch: 712 2 Waffles 200 2 Tbsp Syrup 100 3 Bacon Strips 110 1 Apple 81 12 oz Cranberry Juice 221		Dinner= 728 Grilled Bruschetta Chicken 336 1 Corn Cobbett 59 2 c Garden Salad 90 2 Tbsp Light Dressing 70 0.5c Peaches 68 12 oz Lemonade 105	