

Work today
Smart Choice Menu: May 8th - May 14th

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

SUNDAY: TOTAL CALORIE COUNT= 1417			
Brunch= 702		Dinner=715	
2 Slices French Toast	300	Vegan Enchilada Casserole	316
2 Tbsp. Maple Syrup	100	2c Raw Broccoli (Salad Bar)	48
3 Bacon Strips	75	2 Tbsp. Lite Ranch Dressing	70
0.5c Grapes	31	1 Apple	81
1 Orange	67	1 Chocolate Chip Cookie	200
12oz Skim Milk	129	12 oz Diet Soda	0
MONDAY: Total Calorie Count= 1456			
Lunch=743		Dinner=734	
1 Hamburger w/ Lettuce & Tomato	450	1 Svg Chicken Veronique	358
2 c Garden Salad	90	1c Garden Salad	45
1 Tbsp. Lite Ranch Dressing	35	1 Banana	110
12 oz Orange Juice	168	1 c Cranberry Juice	221
TUESDAY: Total Calorie Count= 1460			
Lunch= 711		Dinner= 749	
Tuna Sandwich On Wheat with Lettuce and Tomato	300	Potato & Onion Pierogies	423
½ c Sweet Corn	100	0.5c Melon	30
1/2 c Carrots	26	½ c Texas Cole Slaw	63
1 Oatmeal Raisin Cookie	180	12oz Grape Juice	233
12 oz Lemonade	105		
WEDNESDAY: Total Calorie Count= 1452			
Lunch= 709		Dinner=743	
1 Grilled Cheese Sandwich	232	1 Svg. Fried Eggplant with Spinach Curry	249
½ cup Peas	88	½ c Broccoli	32
0.5c Pineapple	70	2 Tbsp Light Dressing	70
1 Sugar Cookie	190	1 Slice Cornbread	165
12 oz Skim Milk	129	12 oz Apple Juice	167
THURSDAY: Total Calorie Count= 1446			
Lunch=703		Dinner= 743	
Italian Meatball Sub w/ Provolone	290	Clucker 1/4 White Chicken breast	426
0.5c Potato Salad	150	½ c Whipped Potatoes	135
0.5c Melon	30	1 c Spinach	7
12oz Grape Juice	233	0.5c Pineapple	70
		12oz Lemonade	105
FRIDAY: Total Calorie Count= 1467			
Lunch= 711		Dinner=756	
Ham (4oz) Sandwich on Wheat w/ One Slice of American Cheese, Lettuce, and Tomato (From Deli)	302	1 Slice Pepperoni Pizza	408
½ c Sweet Corn	100	1/2 c Carrots	26
1 Oatmeal Raisin Cookie	180	2 Tbsp. Lite Ranch Dressing	70
12 oz Skim Milk	129	½ c Mixed Vegetables	72
		1 Oatmeal Raisin Cookie	180
		12 oz Water	0
SATURDAY: Total Calorie Count= 1486			
Brunch: 768		Dinner= 718	
2 Cheddar Cheese Scrambled Eggs	270	1 Chicken Fajita	491
2 Slices Wheat Toast	140	1c Cauliflower	54
1 Pork Sausage Link	190	½ c Peaches	68
12 oz Orange Juice	168	12oz Lemonade	105

