SAMPLE MENUS

LUNCH #1

Serving	**Instead of this:**	% Fat	Serving	**TRY THIS:**	% Fat
1	Beef burrito	15	1	Bean burrito	10
1/2 cup	carrots	0	1/2 cup	carrots	0
1/2 cup	applesauce	0	1/2 cup	applesauce	0
1 roll	cinnamon roll	25	1/2 cup	watermelon	0
1 cup	milk, 2%	7	1 cup	milk, 1%	4
	Total % Fat	47%		Total % Fat	14%

LUNCH #2

Serving	**Instead of this:**	% Fat	Serving	**TRY THIS:**	% Fat
1	Hot dog, beef	25	1	Hot dog, turkey	16
1 oz.	potato chips	15	1 oz.	pretzels	1
1/2 cup	green beans	0	1/2 cup	green beans	0
3	orange slices	0	3	orange slices	0
1 cup	milk, 2%	7	1 cup	milk, 1%	4
	Total % Fat	47%		Total % Fat	21%

LUNCH #3

Serving	**Instead of this:**	% Fat	Serving	**TRY THIS:**	% Fat
1	Pizza, combo	13	1	Pizza, combo	13
1/2 cup	tossed salad, French dressing	9	1/2 cup	tossed salad, low-fat dressing	1
1	bread stick	1	1	bread stick	1
1	apple turnover	19	1	apple	0
1 cup	milk, 2%	7	1 cup	milk, 1%	4
	Total % Fat	49%		Total % Fat	19%