

Meal	Food Description	Portion
Breakfast	Apple juice Shredded Wheat, 100% Milk, skim or nonfat	3 fl oz 1/2 cup spoon size biscuits 4 fl oz
Lunch	Sandwich made from the following: Bread, multigrain (or whole wheat) Turkey, light meat, roasted, skinless Lettuce, Romaine, raw Tomatoes, raw Mayonnaise, regular (may use lower fat) Orange, raw Almonds, dry roasted	2 regular slices, 1 oz each 1 oz, boneless, skinless (or deli) 1 leaf 1 medium slice 1 teaspoon 1 small 1/2 oz (11 whole kernels)
Dinner	Spaghetti with meat sauce: Spaghetti sauce, meatless Ground beef, extra lean, cooked Spaghetti, cooked Olive oil (or may use elsewhere in menu) Brussels sprouts, cooked, fat not added Roll, French or Vienna Margarine, tub Peach, canned, juice pack	1 cup 2 oz cooked 1/2 cup 1 teaspoon 1/2 cup 1 small roll, about 1 oz 1 teaspoon 1/4 cup
Snack	Cake, angel food, without icing Milk, skim or nonfat	1 small piece, about 1 oz 4 fl oz

Meal	Calories	Protein (g)	Cholesterol (g)	Fat (g)
Breakfast Total	172	7	37	1
Lunch Total	340	17	40	14
Dinner Total	595	27	68	24
Snack Total	114	6	22	0
Totals	1,221	57	167	39