

Menu Makeover – Replacing Refined with Whole Grains

Meal Menu	Makeover
Breakfast Egg, Canadian bacon, and cheese biscuit ½ cup orange juice Apple slices Skim milk	
Lunch Fish fillet on a bun Tarter sauce French fries Peas Chocolate Chip Cookie Banana Skim milk	
Snack Potato chips Mountain Dew	
Dinner Hotdog on a bun Ketchup and mustard Kraft macaroni and cheese Spinach salad Apple Skim milk	
Snack Rocky Road Ice Cream French Vanilla Cappuccino	
Whole Grain Servings for today: 0	Whole Grain Servings for today: