



Healthy Menu

DIET: Normal

Lunch

3 oz Tarragon Chicken with 1/2 Cup Three-Bean Salad
 4 oz Mixed Fresh Fruit (Pineapple, Peaches, Cantaloupe, Honeydew)
 2 Peanut Butter Patties® Girl Scout Cookies® or
 2 Thanks-A-Lot™ Girl Scout Cookies®
 8 oz Fat-Free or Low Fat Milk or Iced Tea with Lemon and Sprig
 of Mint

Nutrition Facts

Calories	553
Total Fat	17g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	79mg
Sodium	544mg
Total Carbohydrate	61g
Dietary Fiber	11g
Sugars	36g
Protein	45g
Vitamin A	879mg
Vitamin C	99mg
Calcium	295mg
Iron	4mg

These menus are presented as examples of balanced diets. Every person is different and should not undertake a diet plan without first consulting a physician. Sample menus developed by Gloria Young, Ed.D., M.S., R.D.