



A PROGRAM OF  **Forsyth** MEDICAL CENTER
CENTER FOR WOMEN'S HEALTH

Lunchtime!

Here's a typical example of a school cafeteria's weekly lunch menu. Ask your child to choose a healthy lunch for each day of the week from the menu, using the Snack O' Meter's fork ratings. (Tip: Also look for healthy-food clues such as the words "baked," "grilled," and "steamed.")

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti & Meat Sauce Corn Dog	Chicken Wings Turkey & Cheese Hoagie	Cheeseburger Grilled Chicken Sandwich	Oven Baked Chicken Chicken Nuggets	Pepperoni Pizza Grilled Chicken Salad
Cheese Sticks Green Beans Yogurt Cup Roll & Butter	Fruit Cocktail Peas & Carrots Macaroni & Cheese Baked Potato Wedges	Apple or Grapes Corn Cole Slaw French Fries	Oranges Tossed Salad Tater Tots Potato Chips	Chilled Peaches Steamed Vegetables Fried Squash Breadsticks
Chocolate Chip Cookie Assorted Fresh Fruit	Sugar Cookie Pudding	Jell-O Peanut Butter Cookie	Fruit Crisp Chocolate Cake	Oatmeal Raisin Cookie Brownie



Which foods are best for you? Which foods should you eat less of? Let the Snack-O-Meter be your guide!



Yum!
Go ahead!



Okay, but go easy.



Only once in a while.

Drink Options: Water, Juice, Skim Milk, 1% Milk, 2% Milk, Chocolate Milk