Be Choosy!

The following menus are incomplete. Choose foods from the list below to make the most healthful meals for one day. You may use some items from the list more than once.

**Breakfast**
- cereal

**Lunch**
- turkey sandwich

**Snack**
- banana

**Dinner**
- rice
- apple pie

**Food Choices**
- broiled fish
- broiled chicken breast
- orange juice
- baked sweet potato
- cooked spinach
- carrot sticks
- hot dog
- kiwi fruit
- sweet roll
- 1% fat milk
- black-eyed peas
- bagel with low-fat cream cheese
- cola
- steamed cabbage
- apple
- low-fat yogurt
- baked tortilla chips
- whole-wheat bread
- potato chips
- hot fudge sundae
- melon
- bacon
- cole slaw
- cooked cauliflower
- bean burrito
- cooked green beans
- fried egg
- double cheeseburger
- spaghetti with meat sauce
- black bean soup