Today’s Specials

Follow the directions for making each menu more healthful.

1. Choose a food with less saturated fat to replace each item on this breakfast menu.
   - Fried eggs
   - Whole milk
   - Toast with butter or soft margarine

2. Add an item to this lunch menu to provide more protein.
   - Vegetable soup
   - Crackers
   - Banana
   - Unsweetened apple juice

3. Add foods to this dinner menu to provide a wider variety of nutrients.
   - Broiled skinless chicken breast
   - French bread
   - Fat-free milk

4. List four filling, nutritious, low-fat snacks.
   - ____________________________
   - ____________________________
   - ____________________________
   - ____________________________