



## Healthy Choice Menu

PLEASE FAX TO: (707) 685-9084

### Drinks

- \_\_\_ V-8 Juice Vegetable Juice
- \_\_\_ V-8 Low Sodium Veggie Juice
- \_\_\_ Welch Juice: Fruit Punch
- \_\_\_ Welch Juice: Orange Pineapple
- \_\_\_ Welch Juice: Grape Flavor
- \_\_\_ Sunny D (*Tangy Original Orange*)
- \_\_\_ Gatorade (Lime)
- \_\_\_ Gatorade (*Fruit Punch*)

### Snacks

- \_\_\_ Kellogg's Special K Bar- Strawberry Flavor (*90 cal*)
- \_\_\_ Baked Ruffles Cheddar Flavor (*140 cal*)
- \_\_\_ Baked Cheetos (*fewer than 200 cal*)
- \_\_\_ Ritz Toasted Chips (*less sodium*)
- \_\_\_ Wheat Thins Toasted Chips Veggies (*45% less fat, 210 cal*)
- \_\_\_ Nature Valley Honey Oats (*fewer than 200 cal*)
- \_\_\_ Nature Valley Peanut Butter Flavor (*fewer than 200 cal*)
- \_\_\_ Nature Valley Dark Chocolate Flavor (*fewer than 200 cal*)

### Microwavable Entrées

- \_\_\_ Hormel Compleats Homestyle Beef (*220 cal, 11g of proteins, 3g fiber*)
- \_\_\_ Hormel Compleats Chicken Marinara (*250 cal, 4g fiber, 20g protein*)
- \_\_\_ Hormel Compleats Homestyle Chicken & Noodles (*240 cal*)
- \_\_\_ Hormel Compleats Homestyle Turkey (*240 cal*)
- \_\_\_ Kraft Macaroni and Cheese (*220 calories*)
- \_\_\_ Quaker Oatmeal Express: Baked Apple Flavor (*200 cal*)
- \_\_\_ Quaker Oatmeal Express: Golden Brown Sugar Flavor (*200 cal*)
- \_\_\_ Chef Boyardi Lasagna Cup (*210 calories*)
- \_\_\_ Dinty Moore Chicken Noodle Soup
- \_\_\_ Dinty Moore Chunky Beef Soup
- \_\_\_ Campbell Chicken Noodle Soup (*less sodium*)
- \_\_\_ Bumble Bee Tuna Salad-with crackers
- \_\_\_ Bumble Bee Chicken Salad-with crackers

\*\*\*If there are any special requests from customers, they will require a special order.