

## Menu Transformation (Answer Key)

Read the following menu for a day's breakfast, lunch and afternoon snack. Put a healthier alternative to what is listed in the space provided. You can do this item by item or by choosing something completely different to replace what is there. For example if a blueberry streusel muffin is listed, you could replace it with a healthier type of muffin such as blueberry bran, or with something completely different such as Cheerios.

### Breakfast

<u>Menu</u>	<u>Healthier Alternative #1</u>	<u>Healthier Alternative #2</u>
Plain bagel	Whole wheat bagel	Wheat Chex
Plain cream cheese	Peanut Butter	Banana
Apple juice	Apple slices	Low-fat or fat free milk
	Low-fat or fat free milk	

### Lunch

<u>Menu</u>	<u>Healthier Alternative#1</u>	<u>Healthier Alternative #2</u>
Chicken nuggets	Skinless chicken breast strips with BBQ sauce	Grilled corn tortilla with beans, low-fat cheese and salsa
Baked French fries	Steamed carrots	Tossed salad
Canned fruit cocktail in heavy syrup	Fresh strawberries (in season)	Pear Wedges
Slice of white bread	Whole wheat dinner roll	Low-fat or fat free milk
Reduced-fat (2%) milk	Low-fat of fat free milk	

### PM Snack

<u>Menu</u>	<u>Healthier Alternative #1</u>	<u>Healthier Alternative #2</u>
Oreo cookies	Low-fat cottage cheese	(Triscuits) Whole wheat crackers
Lemonade	Blueberries or other fruit to stir in	Low-fat cheddar cheese cubes Water
	Water	