

# New Year New You

## Monday Lunch

Item	Calories
Shrimp Creole with 1 Cup of Rice	320
Broccoli	35
1 Cup of Chicken Gumbo Soup	120

## Wednesday Lunch

Option 1	
Item	Calories
Grilled Cheese	290
Tomato Soup	180
Option 2	
Chicken and dumplings	145
1/2 Cup of baby carrots	30
1/2 Cup of Green Peas	75
Mixed Green Salad with Fat Free Dressing	70

## Friday Lunch

Item	Calories
Herb Baked Fish	170
Mixed Bounty Grill	88
Corn	85
Fresh Fruit	60

A healthy approach to eating lunch in the dining halls. In 2010 University Dining wants to encourage you to choose the “healthy option.” Check out the menu option for a lunch meal at the dining hall for less than 500 calories.

## Tuesday Lunch

Item	Calories
Monterrey Chicken Breast	170
2/3 Cup of Red Skin Mashed Potatoes	140
1/2 Cup of Cauliflower	15
Mixed Salad with Fat Free Dressing	70

## Thursday Lunch

Item	Calories
Made to order Deli Wrap with 2 oz Turkey, 1 oz Cheese, Spinach, Tomato, Cucumber	330
Vegetarian Three Bean Chili	120
Fresh Fruit	60

Look for the menu every day and  
make this year healthier!

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