

## Menu 3 (Replace with only one item from list below)

Item	Take Out
	<b>McDonalds</b>
1 Pillsbury Pizza Pop	
1 Mc cain Pizza pocket	egg and cheese mc muffin
1 Frozen Burrito El Monterey	sausage burritio
6 Great Value Chicken Nuggets	fruit and maple oatmeal
3 Great Value Chicken Strips	hamburger with apple slices
3 hard boiled eggs	cheese burger w coke zero
4 Chicken Wings	6 piece chicken nuggets no sauce
Uncrustable Peanut butter and Jam Sandwich	double double coffee
4 Great Value Chicken wings with Hot Sauce	double double tea
1/2 Bag Fresh Market Green Blend with 1/2 cup lite italian dressing	
	<b>Burger King</b>
lettuce wrapped turkey (3 rolls) cheese (25g)1/2 bell pepper, mustard	
lettuce wrapped chicken( 3 rolls) cheese(25g) 1/2 bell pep, mustard	whopper Jr no cheese
1/3 Great Value frozen thin crust cheese pizza	Cheeseburger
1/4 Great Value frozen thin crust pepperoni pizza	Hamburger
Great value frozen meal (Fett Alfredo) 215g	6 piece chicken nuggets no sauce
Great value frozen meal (Meat lasagna) 215g	
Great value frozen meal (spag marinara) 215g	
	<b>Wendys</b>
Great value frozen meal (Mac and Cheese) 215g	Spicy chicken avacado wrap
1 can chunky chicken noodle soup	10 piece chicken nuggets
1 can chunky chicken and rice soup	6 peice nuggets value fries
1 can of campbells chicken noodle soup	chili
1 can of campbells tomato soup	
6 pizza bites pizza snacks	
	<b>A and W</b>
Streamers frozen meals	
Healthy Choice Steamers frozen meals , sweet and sour chicken	regular fries
Healthy Choice Steamers frozen meals , fett alfredo	Lettuce wrapped mama burger w cheese
Healthy Choice Steamers frozen meals , beef merlot	lettuce wrapped chubby burger
Healthy Choice Steamers frozen meals , chicken veg stir fry	lettuce wrapped buddy burger
Healthy Choice Steamers frozen meals , chicken and pineapple	
1 High Liner Filet of Sole with cup of broccoli	
1 Great Value Brocoli and Cheese stuffed Chicken	
25 Great Value Shrimp Fried in Butter	
Smart ones Frozen meals 3 cheese ziti	
Smart ones Frozen meals Ravoili	
Smart ones Frozen meals Turkey	
Smart ones Frozen meals creamy rigatoni	
Build your own lunch by choosing any 3 items from menu 1	
*****Or use any other food or meal item with 300 calories or less*****	