

Menu 4 (Replace with only one item from list below)

Item	Take Out
Fresh Market salad with Lite italian and Chicken Breast (half Bag)	Mcdonalds (1 item but can be combined with coke zero etc)
1/2 Great Value thin crust cheese Pizza	Double hamburger
1/3 Great Value thin crust pepperoni Pizza	Cheese burger deluxe with apple slices
1 Great value stuffed chicken (brocoli and cheese)	Cheese burger with apple slices
1 Great value stuffed chicken (marinara and cheese)	Mc double
8 Great Value Chicken Nuggets	Grilled chicken sandwich
4 Great Value Chicken Strips	Spicy grilled chicken sandwich
6 Great value chicken Wings	junior chicken
8 pizza Bagels pizza snacks	10 chicken nuggets (no sauce)
Lettuce wrapped Lean Angus Burger with cheese and 2 bacon	Chicken snack wrap with apple slices
Lettuce wrapped tacos (2) taco meet, tomatoes, 25g cheese	Medium fries
Lettuce wrapped Turkey (3) turkey, tom, cheese(25g) peppers,mus	Cran orange Muffin
Lettuce wrapped chicken (3) chicken, tom, cheese 25g, peppers	
1 can of beef chunky Soup	Burger King
1 can of steak and potato chunky soup	Double Hamburger
1 can of cream of mushroom soup (campbells)	Double CheeseBurger
1 can of chef boyardee mini ravioli	Bacon Cheeseburger
1 can of chef boyardee ravioli	Spicy crispy Chix Jr
1 can of chef boyardee beef aroni	Small Fry
Crave frozen meals loaded potatoes	
Swansons Turkey frozen Dinner	Wendys
Swansons Frozen Dinner Sweat and Sour Chicken	Spicy Chicken or classic chicken sandwich
2 pieces of High Liner Filet of Sole	grilled Chicken sandwich
1 regular Muffin	10 piece chicken nuggets
Healthy Choice Frozen Meals fett aldredu with chicken and broc	Chicken cesar salad
Healthy Choice Frozen Meals chicken Marinara	Cheeseburger Deluxe
Healthy Choice Power Bowls Korean inspired Beef Bowl	Jr Bacon Cheeseburger
Healthy Chicee Power Bowl Chicken Marinara	
	Subway
Build your own: Choose one item from both menu 3 and menu 1	Snackwiches
Build your own: Choose 4 items from menu	Chicken Salad, lite dressing
***** OR Use any other 400 calorie item or meal *****	Popeyes
	5 piece Blackened Chicken Strips
	A and W
	Lettuce wrapped Teen Burger
	Lettuce wrapped papa burger
	mama burger no cheese
	buddy burger w cheese
	regular fries
	sweet potato fries
	lettuce wrapped chubby burger