

# Healthy Menu Options

## Best Options for Take-Out

- **Subway:** Turkey Sub, Salads, Veggie Wraps (whole wheat options)
- **Wendy's:** Chilli, Baked Potato, Salad
- **Swiss Chalet:** Quarter Chicken Meal (with extra vegetables)
- **Grocery Store Option:** Pick up your snacks/meals here for more options, better economic value and more whole foods options.
- **Local Tea Room or Cafés Catered Options:** Soup and Salad, Homemade breads/muffins (beware of portion sizes), Wraps, Pasta Salad...

## Healthy Meal Options

Item	Option A	Option B	Option C
SANDWICHES/WRAPS <ul style="list-style-type: none"> <li>• Whole wheat or multigrain</li> <li>• Mustard vs mayo</li> </ul>	Lean turkey, grilled chicken, lean ham	Tuna, chicken, egg salad	Roast beef
SALADS/VEGETABLES <ul style="list-style-type: none"> <li>• Dressings and dips on side</li> </ul>	Spinach salad, medley of raw vegetables with light dip or hummus	Garden/tossed salad	Caesar salad
SOUPS	Broth-based, vegetable-based	Tomato, Chicken noodle	Light cream soups
DESSERT	Fresh Fruit with yogurt dip	Dark chocolate [individually wrapped portions]	Low fat cookies, low fat muffins

## Healthy Snack Options

Item	Option A	Option B
VEGETABLES	Vegetable tray with hummus	Vegetable tray with salad dressing dip
FRUIT	Fruit tray with yogurt dip	Fruit tray with portioned cheese
YOGURT	Source Yogurt [<3% milk fat]	Source Yogurt dessert options
GRAINS	Whole grain crackers with portioned cheese [baby bell or skinny cow]	Half bagel slices with light cream cheese or light/all natural nut spread
GRANOLA BARS	Kashi granola bars [<8g sugar]	Fruit and Nut granola bars [Blue Menu]
NUTS [handful]	Walnuts	Raw Almonds