



Sunday-Week 1	Monday-Week 1	Tuesday-Week 1	Wednesday-Week 1	Thursday-Week 1	Friday-Week 1	Saturday-Week 1
<p><b>Breakfast</b> 2 whole-grain waffles w/ maple syrup or applesauce ½ c. fruit 8 oz. skim/1% milk</p>	<p><b>Breakfast</b> Smoothie – ½ c. soy milk, 1 c. banana, 2 Tbsp. peanut butter, 1/8 c. oatmeal. Blend all ingredients together.</p>	<p><b>Breakfast</b> 1 hard-boiled egg 1 bran muffin 8 oz. skim/1% milk</p>	<p><b>Breakfast</b> 1 string cheese stick 1 banana 1 slice whole-wheat toast ½ Tbsp. jam</p>	<p><b>Breakfast</b> Yogurt parfait - 6 oz. low-fat yogurt, ½ c. raspberries and ¼ c. granola</p>	<p><b>Breakfast</b> 1 whole-wheat toast ½ Tbsp. peanut butter 8 oz. skim/1% milk 1 pear, peach or apple</p>	<p><b>Breakfast</b> 3-egg white omelet 1 oz. low-fat cheese ½ c. green pepper &amp; onion Water or decaffeinated tea</p>
<p><b>Lunch</b> Tortilla wrap with 2 oz. turkey &amp; 1 oz. mozzarella cheese with hummus Apple slices Water or decaffeinated coffee/tea</p>	<p><b>Lunch</b> <b>People's Food Co-op*</b> 1 c. of a 500 Club deli salad 1 piece of fresh fruit 8 oz. skim/1% milk</p>	<p><b>Lunch</b> <b>Western Technical College*</b> Grilled chicken sandwich w/ BBQ sauce 1 c. steamed vegetables 8 oz. skim/1% milk</p>	<p><b>Lunch</b> 2 c. mixed salad greens ¼ c. black beans ½ c. low-fat cheese ¼ c. salsa Taco sauce 8 oz. skim/1% milk</p>	<p><b>Lunch</b> <b>Culver's*</b> ButterBurger-500 Club style Side salad-no cheese w/fat-free dressing Baby scoop custard Ice water</p>	<p><b>Lunch</b> <b>Central Express*</b> Premium Dashboard Sub (6-inch) Handful of pretzels Bottle of water</p>	<p><b>Lunch</b> <b>Wendy's*</b> Baked potato w/broccoli and cheese Mandarin orange cup 8 oz. skim/1% milk</p>
<p><b>Dinner</b> <b>Culina Mariana*</b> Reuben sandwich Side of fresh fruit Water or decaffeinated tea <b>Snack Option:</b> Fresh vegetables w/ hummus</p>	<p><b>Dinner</b> <b>The Dragon*</b> Ginger chicken w/ broccoli 1 c. steamed rice 8 oz. skim/1% milk <b>Snack Option:</b> ½ cup black bean dip w/ 1 oz. baked tortilla chips</p>	<p><b>Dinner</b> <b>Pickerman's*</b> Garden salad w/ low-fat dressing Tomato basil soup Water or iced tea <b>Snack Option:</b> Fresh fruit &amp; ½ c. low-fat yogurt</p>	<p><b>Dinner</b> <b>Ebenezer's*</b> 500 Club wood-fired pizza Garden salad w/fat-free dressing Diet soda <b>Snack Option:</b> ½ c. low-fat cottage cheese w/ oranges</p>	<p><b>Dinner</b> 4 oz. grilled chicken breast 1 c. whole-wheat pasta 4 Tbsp. vinaigrette 1 c. steamed vegetables 8 oz. skim/1% milk <b>Snack Option:</b> 1 piece of fresh fruit w/ ¼ cup almonds</p>	<p><b>Dinner</b> <b>Schmidty's*</b> Pan-fried cod w/ 1 c. rice Vegetable or salad with fat-free dressing <b>Snack Option:</b> 6 oz. low-fat yogurt</p>	<p><b>Dinner</b> <b>The Commodore*</b> Grilled pork chop Salad with fat-free dressing Dinner roll <b>Snack Option:</b> Fresh vegetables and light dip</p>
Sunday-Week 2	Monday-Week 2	Tuesday-Week 2	Wednesday-Week 2	Thursday-Week 2	Friday-Week 2	Saturday-Week 2
<p><b>Breakfast</b> 1 small pancake w/peanut butter 1 c. mixed berries 8 oz. skim/1% milk</p>	<p><b>Breakfast</b> 1 c. oatmeal w/ 2 Tbsp. ground flaxseed or wheat germ and ½ cup blueberries 8 oz. skim/1% milk</p>	<p><b>Breakfast</b> 1 whole grain granola bar 8 oz. skim/1% milk 1 orange</p>	<p><b>Breakfast</b> 6 oz. low-fat yogurt ½ c. bran cereal ¼ c. almonds</p>	<p><b>Breakfast</b> 1 hard-boiled egg 1 piece whole-wheat toast 1 Tbsp. peanut butter ½ c. 100% fruit juice</p>	<p><b>Breakfast</b> 1 whole wheat English muffin w/ 1 oz. mozzarella cheese and 2 oz. Canadian bacon 1 piece fresh fruit 8 oz. skim/1% milk</p>	<p><b>Breakfast</b> Omelet made with 1 egg, 1 egg white, ½ oz. cheese, onions, peppers, spinach wrapped in a whole wheat tortilla 8 oz. skim/1% milk</p>
<p><b>Lunch</b> <b>McDonald's*</b> Grilled honey mustard snack wrap Yogurt parfait Lipton Iced Tea</p>	<p><b>Lunch</b> Mexican pizza – pita bread w/ salsa, refried beans and shredded cheese. Heat until cheese is melted &amp; golden brown Water or decaffeinated tea</p>	<p><b>Lunch</b> <b>Quillin's*</b> 500 Club Sub ½ c. 500 Club mustard potato salad 1 piece of fresh fruit 8 oz. skim/1% milk</p>	<p><b>Lunch</b> <b>Stansfield Vending*</b> Tuna salad sandwich Tossed salad with fat-free dressing 8 oz. skim/1% milk</p>	<p><b>Lunch</b> <b>The Cheese Corner*</b> Caribbean Jerk chicken wrap 1oz. baked chips Ice water</p>	<p><b>Lunch</b> <b>Hackberry's</b> ½ Apple Briezinger sandwich Salad greens w/low-fat dressing 8 oz. skim/1% milk</p>	<p><b>Lunch</b> <b>Pla-Mor Lanes*</b> Philly beef wrap Iced water or iced tea</p>
<p><b>Dinner</b> <b>Festival Foods*</b> ½ c. BBQ beef on bun ½ c. 3-bean salad Fresh vegetables &amp; light dip 8 oz. skim/ 1 % milk <b>Snack Option:</b> Whole grain snack bar</p>	<p><b>Dinner</b> <b>Seven Bridges*</b> Filet of salmon Baked potato Steamed vegetable 8 oz. skim/1% milk <b>Snack Option:</b> 1 oz. string cheese w/ 6-8 whole grain crackers</p>	<p><b>Dinner</b> <b>Laurie's in the Kitchen*</b> Maple glazed pork chop Fresh green beans Brown rice pilaf or couscous Ice Water <b>Snack Option:</b> Apple slices w/ peanut butter</p>	<p><b>Dinner</b> 1 c. spaghetti Tomato sauce w/ 2 oz. lean ground beef Steamed vegetable blend 8 oz. skim/1% milk <b>Snack option:</b> ¼ c. dried fruit w/ ¼ c. mixed nuts</p>	<p><b>Dinner</b> <b>Fayze's*</b> Tomato basil chicken fettuccine Steamed vegetable 8 oz. skim/1% milk <b>Snack Option:</b> ½ c. cottage cheese &amp; ¼ c. almonds</p>	<p><b>Dinner</b> 4 oz. salmon 1 c. frozen vegetables 1 c. brown rice Water or decaffeinated tea <b>Snack Option:</b> 6-8 whole grain crackers w/ peanut butter</p>	<p><b>Dinner</b> <b>River Jack's*</b> Grilled swordfish w/ rice Salad with fat-free dressing Sorbet or frozen yogurt Water or iced tea <b>Snack Option:</b> Fresh vegetables &amp; light dip</p>

\*500 Club Member®

The 500 Club is a healthy eating program coordinated by Gundersen Lutheran registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern. For a complete list of current members, go to [www.500-Club.org](http://www.500-Club.org).