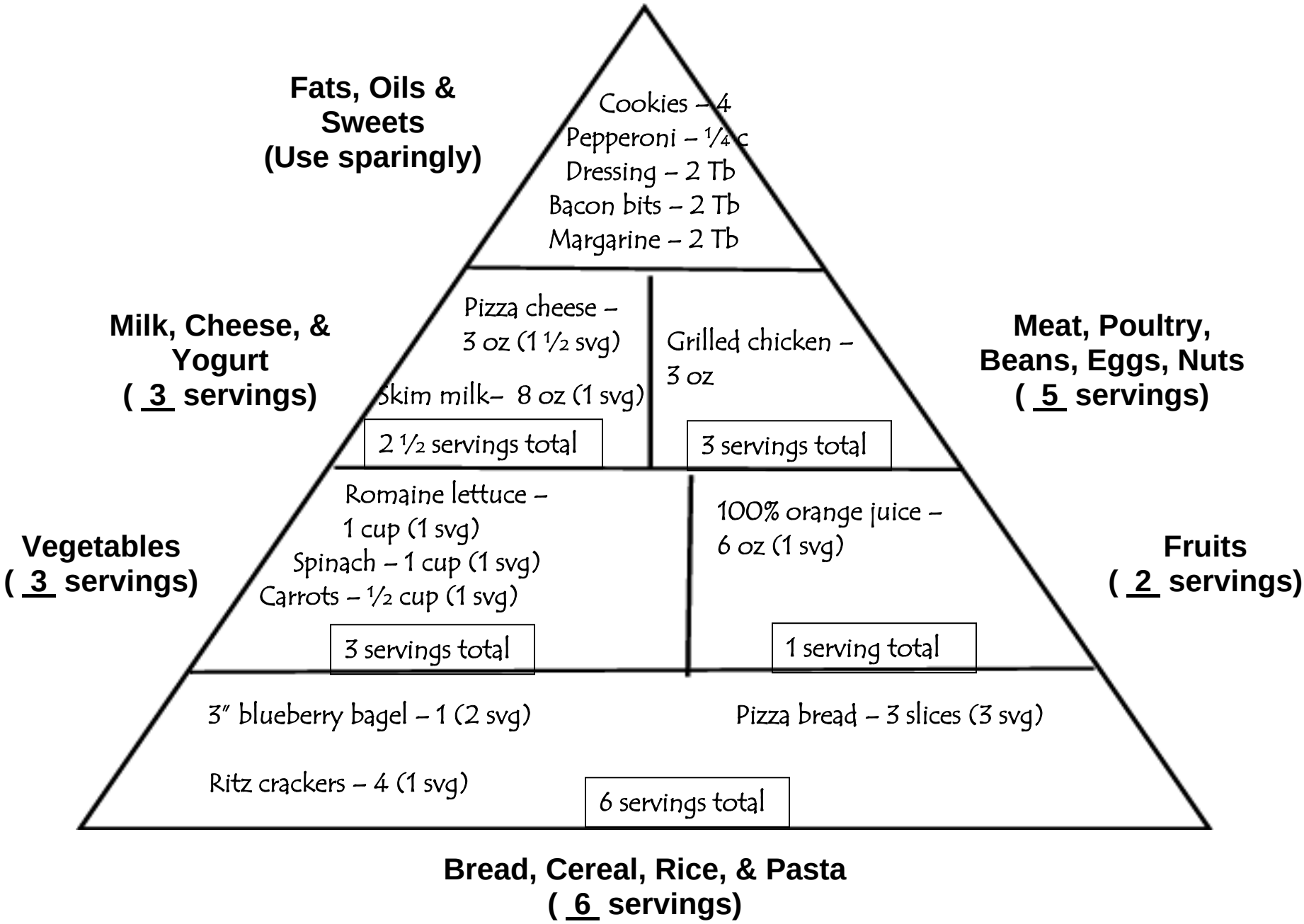
Date:


Fats, Oils & Sweets (Use sparingly)
Cookies – 4
Pepperoni – ¼ c
Dressing – 2 Tb
Bacon bits – 2 Tb
Margarine – 2 Tb
Milk, Cheese, & Yogurt (3 servings)
Pizza cheese – 3 oz (1 ½ svg)
Skim milk– 8 oz (1 svg)
2 ½ servings total
Meat, Poultry, Beans, Eggs, Nuts (5 servings)
Grilled chicken – 3 oz
3 servings total
Vegetables (3 servings)
Romaine lettuce – 1 cup (1 svg)
Spinach – 1 cup (1 svg)
Carrots – ½ cup (1 svg)
3 servings total
Fruits (2 servings)
100% orange juice – 6 oz (1 svg)
1 serving total
3″ blueberry bagel – 1 (2 svg)
Ritz crackers – 4 (1 svg)
Pizza bread – 3 slices (3 svg)
6 servings total
Bread, Cereal, Rice, & Pasta (6 servings)