



Switch List



Breakfast

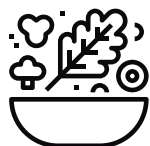
	Calories	Fat
Croissant (Large)	272	14g
Biscuit w/ Bacon Egg, & Cheese	436	25.4g
Pork Sausage Link (1 Link)	92	8.75g



	Calories	Fat
Whole Wheat Toast (2 Slices)	152	2.04g
Tofu scramble Breakfast Wrap	300	13g
Turkey Sausage	69	3.1g

Lunch

	Calories	Fat
Caesar Salad	401	33.5g
Cheeseburger	535	28.7g
Italian Sub	544	27g
General Tso's Chicken (535g)	1578	87.53g



	Calories	Fat
Garden Salad w/ Chicken (no dressing)	105	2g
Grilled Chicken Filet Sandwich	419	10.5g
6" Turkey Sub (w/lettuce and tomato)	270	4.25g
Sushi (6 pcs w/ vegetables and seaweed)	187	1g

Dinner

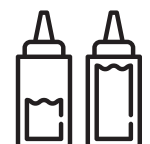
	Calories	Fat
Fried Chicken Breast (Skin on, 1/2 Large breast)	364	184g
Lasagna	845	48.9g
Sirloin Steak	219	13g
Burrito w/ Beans, Cheese & Beef	434	16.4g



	Calories	Fat
Roasted Chicken Breast (skin on, 1/2 large breast)	193	7.62g
Whole Wheat Pasta w/ Tomato Sauce	298	7g
Vegetarian Chili	159	1.49g
Soft Taco w/ Chicken, Cheese & Lettuce	185	13g

Condiments

	Calories	Fat
Mayonnaise (1 tbsp)	99	11g
Creamy Italian Dressing (1 tbsp)	79	7g



	Calories	Fat
Mustard (1 tbsp.)	12	.51g
Light Italian Dressing (1 tbsp.)	16	1g

Drinks

	Calories	Fat
Sports Drink	100	0g
Cola (12oz)	151	0g
Hot Cocoa (12 oz made w/ whole milk)	288	8.76g



	Calories	Fat
Water (8 oz.)	0	0g
Flavored Seltzer (8 oz.)	0	0g
Coffee	2	0g

Snack/ Dessert

	Calories	Fat
Trail Mix (1 Cup)	707	47g
Potato Chips (1 oz.)	151	9.63g
Chocolate Ice Cream (1/2 cup)	143	7g



	Calories	Fat
Hard Granola Bar	118	4.95g
Air Popped Popcorn (1 oz.)	108	1.19g
Chocolate Frozen Yogurt (1/2 cup)	115	4.32g

