

## What's Right for You If...

- **You are Cutting Calories**

The amount of calories to eat each day is different for everyone. You will need more or less depending on your height, weight, and activity level. Calories add up from the amounts of protein, carbohydrate and fat in foods. It's important to make your calories work for you. They should give you as much nutrition and energy as possible. Avoid foods that have primarily "empty" calories. Sugar (including corn syrup and most other sweeteners), refined grain products, such as white flour, and many fats and oils contribute calories without giving you much nutrition. It's much better to eat whole grains and other unprocessed or minimally-processed foods to get the nutrients you need.

If you are looking to cut back on your calorie intake, we recommend the following menu items:

- SOUPS (bread and butter not included):
  - Clam Chowder in a Bowl: 200 Calories
  - French Onion Soup in a Bowl: 220 Calories
  - Carrot Ginger Soup in a Bowl: 230 Calories
  - Spring Asparagus Soup in a Bowl: 240 Calories
  - Rustic Tomato Soup in a Bowl: 290 Calories
  - Vegetarian Chili in a Bowl: 310 Calories
  - Broccoli Cheddar Soup in a Bowl: 330 Calories
  - Garlic Tomato Soup in a Bowl: 340 Calories
- SALADS (bread and butter not included):
  - Small Spring Salad w/o Dressing : 100 Calories
  - Small Caesar Salad w/o Dressing: 110 Calories
  - Classic Caesar Salad w/o Dressing: 200 Calories
  - Classic Caesar Salad with Chicken w/o Dressing: 310 Calories
  - Spring Salad w/o Dressing: 530 Calories
- SANDWICHES: (excludes condiments)
  - Half Sandwich – Ham & Cheese: 252 Calories
  - Half Sandwich – Roast Beef: 267 Calories
  - Half Sandwich – Turkey Cranberry: 244 Calories
  - Half Sandwich – Chicken Pesto: 190 Calories
  - Half Sandwich – Tuna Salad: 400 Calories
  - Half Sandwich – California Veggie: 336 Calories
  - Half Sandwich – Chicken Salad: 315 Calories

- PIZZAS:
  - Half Pizza – Spinach & Mushroom Alfredo: 380 Calories
  - Half Pizza - Cheese Pizza: 400 Calories
  - Half Pizza – Pepperoni: 420 Calories
  - Half Pizza – Veggie: 420 Calories
  - Half Pizza – BBQ Chicken: 430 Calories
  
- ENTRÉE'S and SIDES (bread and butter not included):
  - Tilapia al Forno: 410 Calories
  
- BREAKFAST:
  - Sides: Fruit: 120 Calories
  - Sides: Hash Browns: 120 Calories
  - Oatmeal: 430 Calories
  - Traditional Breakfast with Bacon and hash browns (toast not included): 325 Calories
  - Vegetable Scramble with hash browns (toast not included): 335 Calories
  - Granola & Yogurt Parfait: 480 Calories