

NUTRITION TO GO

Condiments can dramatically change the fat content of a sandwich. Just one tablespoon of real mayonnaise adds 100 calories and 11 grams of fat to a sandwich (that's 17% of the recommended daily fat maximum). The same amount of mustard adds just 10 calories and less than 1 gram of fat.

A TASTY MORSEL FOR TEENAGERS

Featured Specials of the Day

Monday, March 15

Stuffed Crust Pizza
Tossed Salad, Baby Carrots
Assorted Juice, Roll

Tuesday, March 16

Chicken Nuggets
Tossed Salad, Corn
Peaches, Rice

Wednesday, March 17

Assorted Hot Subs
Tossed Salad, Home Fries
Banana

Thursday, March 18

Bacon Cheese Burger
Tossed Salad, Curley Fries
Orange

Friday, March 19

BIG DADDY'S PIZZA
Tossed Salad, Baby Carrots
Assorted Juice

Featured Specials of the Day

Monday, March 22

Beef Ravioli
Tossed Salad, Cauliflower
Apple Juice, Garlic Bread

Tuesday, March 23

General Tsao's Chicken
Tossed Salad, Oriental Vegetables
Applesauce

Wednesday, March 24

Meatball Sandwich
Tossed Salad, Oven Fries
Mixed Fruit, *Portion Chips*

Thursday, March 25

Cheese Omelet
Tossed Salad, Tater Tots
Pears, Warm Biscuit

Friday, March 26

White Pizza
Tossed Salad, Baby Carrots
Assorted Juice, Roll

Featured Specials of the Day

Monday, March 29

Spaghetti w/ Meatballs
Tossed Salad, Broccoli
Peaches

Tuesday, March 30

Hot Dog w/ Whole Grain Bun
Tossed Salad, Baked Beans
Pineapple

Chocolate Pudding

Wednesday, March 31

Beef Stew
Tossed Salad, Carrots
Fruity Jell-O

FIT FAT

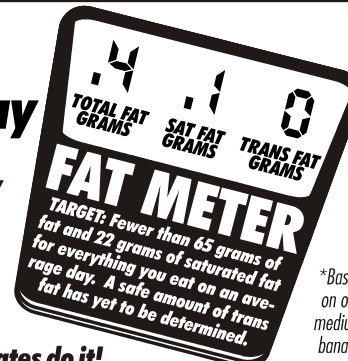
WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Bananas
VERDICT: Peel Away

TIP: Because of their portability and nutritional power, bananas are the #1 fruit choice among the world's leading athletes. Try peeling your bananas from the bottom to avoid having to pick out the little stringy things – that's how other primates do it!



*Based on one medium banana

68.6 BY THE NUMBERS
THE PERCENTAGE OF 2008 U.S. HIGH SCHOOL GRADUATES WHO ENROLLED IN COLLEGE THAT FALL