



# Healthy Choice

## MENU

**All Items Under  
500 Calories**

### SANDWICHES

**Grilled Chicken Sandwich** \$ 3.75  
*(Cal. 397, Tot. Fat 4g, Chol. 75mg, Sodium 848mg, Tot. Carb 43g, Prot. 39g)*

Grilled chicken breast, lettuce, tomato, onion, and pickle on a wheat bun

**Ham & Cheese Sandwich** \$ 3.50  
*(Cal. 370, Tot. Fat 10.5g, Chol. 60mg, Sodium 1850mg, Tot. Carb 46g, Prot. 22g)*

Deli sliced ham, American cheese, and a pickle spear on wheatberry bread

**Turkey & Swiss Sandwich** \$ 3.50  
*(Cal. 325, Tot. Fat 9g, Chol. 40mg, Sodium 1240mg, Tot. Carb 42g, Prot. 19g)*

Deli sliced turkey, Swiss cheese, and pickle spear on wheatberry bread

**Roast Beef Sandwich** \$ 3.50  
*(Cal. 330, Tot. Fat 9.5g, Chol. 45mg, Sodium 1400mg, Tot. Carb 41g, Prot. 20g)*

Deli sliced roast beef, Swiss cheese, and pickle spear on wheatberry bread

**Santa Fe Garden Burger** \$ 3.95  
*(Cal. 478, Tot. Fat 18g, Chol. 25mg, Sodium 1832mg, Tot. Carb 8g, Prot. 25g)*

Garden burger, lettuce, tomato, onion, and pickle topped with southwest salsa with black beans, corn, tomatoes, and cilantro on a wheat bun

### WRAPS

**Grilled Chicken Wrap** \$ 3.75  
*(Cal. 457, Tot. Fat 15.5, Chol. 82mg, Sodium 1263mg, Tot. Carb 43g, Prot. 31g)*

Seasoned grilled chicken, lettuce, tomato, shredded Monterey jack cheese, and light ranch dressing in a wheat tortilla

**Santa Fe Chicken Wrap** \$ 3.75  
*(Cal. 390, Tot. Fat 8.5g, Chol. 52mg, Sodium 1405mg, Tot. Carb 57.7g, Prot. 31g)*

Seasoned grilled chicken, lettuce, and southwest salsa with black beans, corn, tomatoes, and cilantro in a wheat tortilla

**Buffalo Chicken Wrap** \$ 3.75  
*(Cal. 337, Tot. Fat 11.5g, Chol. 62mg, Sodium 1753mg, Tot. Carb 28g, Prot. 27g)*

Seasoned grilled chicken in buffalo sauce with lettuce, tomatoes, and blue cheese crumbles in a wheat tortilla

### A LA CARTE

**Plain Baked Potato** \$ 1.75  
*(Cal. 110, Tot. Fat 0g, Chol. 0mg, Sodium 0mg, Tot. Carb 26g, Prot. 3g)*

**Tuna Salad** \$ 3.25  
*(Cal. 230, Tot. Fat 12.5g, Chol. 27mg, Sodium 397mg, Tot. Carb 8g, Prot. 10g)*

**Chicken Salad** \$ 3.25  
*(Cal. 370, Tot. Fat 18g, Chol. 80mg, Sodium 316mg, Tot. Carb 8g, Prot. 25g)*

**Fruit Bowl** \$ 2.00  
*(Cal. 200, Tot. Fat 0g, Chol. 0mg, Sodium 10mg, Tot. Carb 46g, Prot. 3g)*

**Celery & Carrots** \$ 2.00  
*(Cal. 105, Tot. Fat 0g, Chol. 0mg, Sodium 410mg, Tot. Carb 26g, Prot. 2g)*