

BEST FOOD CHALLENGE... AT THE RESTAURANT

CHOOSE THE BEST FOOD
FROM THE MENU...

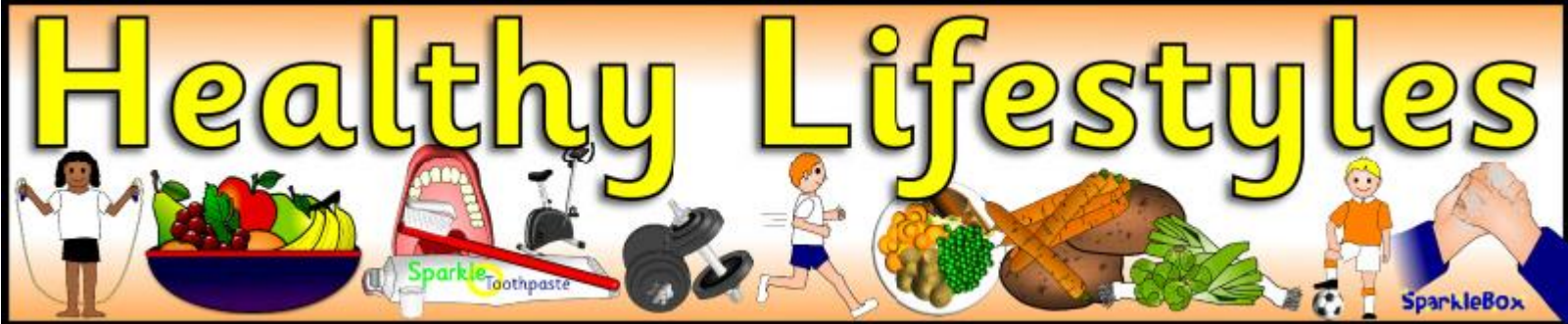
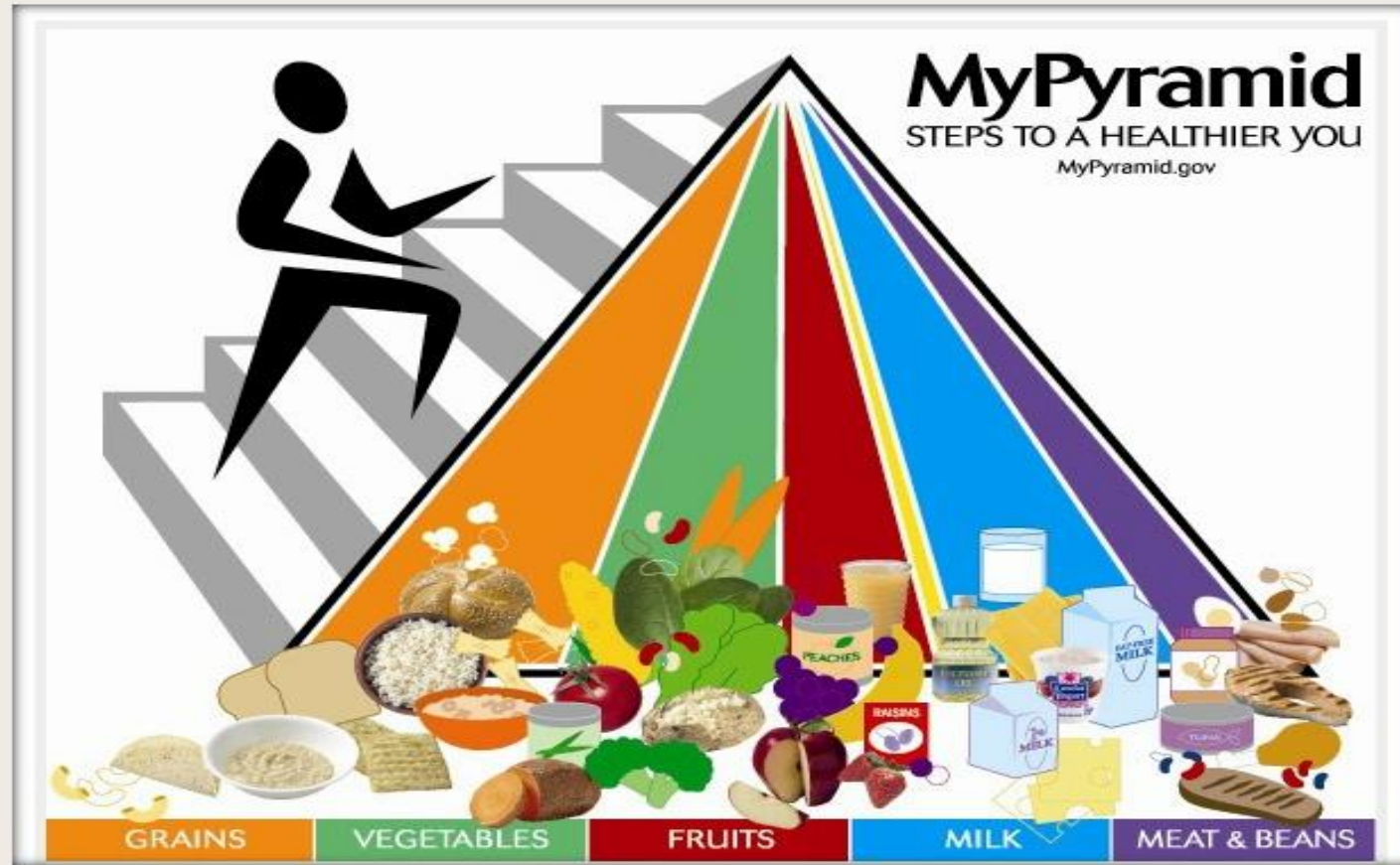
YOU AND YOUR FRIENDS ARE NOW IN A RESTAURANT ...
YOU WILL HAVE TO CHOOSE
THE HEALTHIEST AND CHEAPEST FOOD
FROM THE MENU ...



THE CHALLENGE IS:



- . CHOOSE THE FOOD WITH THE *LESS THAN 700 CALORIES*.
- . YOU ONLY HAVE **USD\$ 8.00** TO SPEND ON EACH RESTAURANT.
- . YOUR MENU CHOICE **MUST HAVE ALL THE FOOD GROUPS** FROM THE PYRAMID.
- . EACH CHOICE MUST HAVE **A MAIN DISH, SIDE DISH, DESSERT AND DRINKS**.



1.



TODAY'S SPECIALS

	Calories	Price
Super Burger Meal Deal <i>(Super Burger, large french fries, large soda, your choice of cookie or pie)</i>	1579	\$3.50
You Choose Meal Deal <i>(Your choice of a regular hamburger or cheeseburger, side salad or baked potato, small drink)</i>	638	\$3.00

	Calories	Price
Burgers		
Hamburger	272	\$2.25
Cheeseburger	295	\$2.45
Fried Fish Burger	710	\$2.95

Sandwiches
All sandwiches served on 6-inch sub roll with lettuce, tomatoes, pickles, mustard and mayonnaise

	Calories	Price
Roast Beef	264	\$3.50
Vegetable and Cheese	200	\$3.50
The Super Sub (ham, turkey, cheese and bacon)	350	\$4.65

OTHER ENTREES

	Calories	Price
Crispy Chicken Strips (fried, breaded chicken strips with dipping sauce)	380	\$3.50
Hot Dog	295	\$2.25

Salads

	Calories	Price
Garden Salad (with vinaigrette dressing)	190	\$2.50
Grilled Shrimp Salad (with ranch dressing)	287	\$3.95
Caesar Salad (romaine lettuce, parmesan cheese, croutons, Caesar dressing)	338	\$3.95

Side Dishes

	Calories	Price
Small French Fries	210	\$1.75
Large French Fries	540	\$2.25
Baked Potato	310	\$2.25
Chili Bowl (with crackers)	226	\$1.95

Desserts

	Calories	Price
Apple or Cherry Pie	260	\$1.00
Large Cookie	170	\$1.00
Frozen Yogurt (chocolate)	230	\$1.50
Fresh Fruit Cup	137	\$1.50

Beverages

	Calories	Price
Small Soda (12 oz.)	175	\$1.25
Large Soda (24 oz.)	349	\$1.55
Super Soda (42 oz.) <i>Keep the cup! Free refills!</i>	611	\$1.85
1% Low-fat Milk (8 oz.)	102	\$1.25
1% Low-fat Chocolate Milk (8 oz.)	158	\$1.25
Lemonade (8 oz.)	99	\$1.25

<u>MENU CHOICE</u>	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

2.

CASA MARTA

Main Dishes

	Calories	Price
Burrito (flour tortilla, refried beans, cheese)	189	\$3.25
Chicken Chimichanga (fried burrito)	559	\$3.25
Quesadilla (flour tortilla, melted cheese)	183	\$2.95
Fajita (flour tortilla, grilled chicken, grilled vegetables)	363	\$3.95
Taco Salad (chicken, lettuce, cheese, beans, avocado, tomatoes served in a taco-shell bowl)	740	\$4.00

Side Dishes

	Calories	Price
Chips and Salsa	445	\$1.95
House Salad (with ranch dressing)	240	\$1.95
Guacamole (avocado, tomato, spices)	366	\$1.65
Refried Beans	238	\$1.65

Desserts

	Calories	Price
Churros (two deep-fried dough strips, dipped in sugar)	332	\$2.00
Flan (caramel custard)	225	\$2.25
Arroz con Leche (rice pudding)	200	\$2.25

Drinks

	Calories	Price
Soda (12 oz.)	175	\$1.25
Diet Soda (12 oz.)	1.5	\$1.25
1% Low-fat Milk (8 oz.)	102	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25

<u>MENU CHOICE</u>	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

3.



<u>MENU CHOICE</u>	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE \$
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

4.

<h2>PETE'S RISTORANTE</h2>		
<h3>Pizza-By-The-Slice</h3> <p>All of Pete's pizzas are made with homemade tomato sauce, fresh herbs and spices and the best imported cheeses.</p>		
	CALORIES	PRICE
Cheese Pizza (1 slice)	140	\$2.25
Pepperoni Pizza (1 slice)	181	\$2.55
Mushroom and Olive Pizza (1 slice)	235	\$2.45
Vegetable Pizza (1 slice)	192	\$2.45
The Everything-On-It Pizza (1 slice with pepperoni, ham, bacon, anchovies, mushrooms and olives)	390	\$2.95
<h3>Side Dishes</h3>		
	CALORIES	PRICE
Side Salad (with ranch dressing)	281	\$2.25
Fried Breadsticks (2)	232	\$1.95
Minestrone Soup (with crackers)	108	\$2.25
<h3>Desserts</h3>		
	CALORIES	PRICE
Gelato (ice cream)	178	\$2.00
Dessert Pizza (sweet dough with butter, cinnamon, sugar topping)	260	\$2.45
<h3>Beverages</h3>		
	CALORIES	PRICE
Cola (12 oz.)	175	\$1.25
Root Beer (12 oz.)	152	\$1.25
1% Low-fat Milk (8 oz.)	102	\$1.25
Mineral Water (12 oz.)	0	\$1.25
Orange Juice (8 oz.)	112	\$1.25

<u>MENU CHOICE</u>	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE \$
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

CHALLENGE ACCEPTED!!!



DID YOU LEARN HOW TO CHOOSE THE BEST FOOD?

