

BEST FOOD CHALLENGE... AT THE RESTAURANT

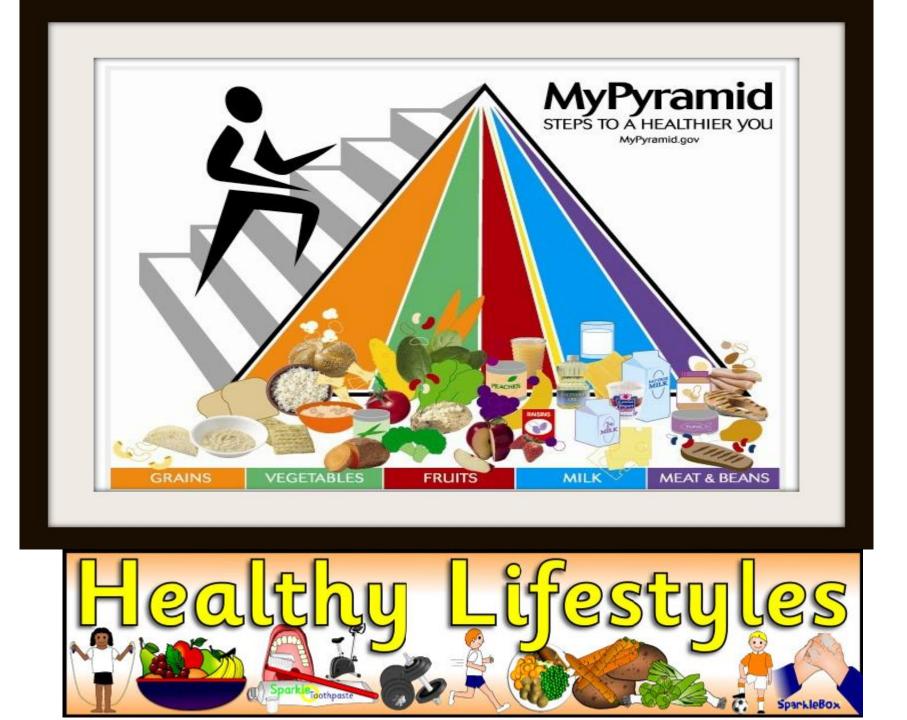
CHOOSE THE BEST FOOD FROM THE MENU...

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





. 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.



AURGER		
BURGERS	-25	
TODAY'S SPECIALS		Delas
Super Burger Meal Deal	Calories	Price
(Super Burger, large french fries, large soda, your choice of cookie or pie)	1579	\$3.50
You Choose Meal Deal	Calories	Price
(Your choice of a regular hamburger		
or cheeseburger, side salad or baked potato, small drink)	638	\$3.00
Burgers	Calories	Price
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, to	omatoes,
pickles, mustard and mayonnaise	Calories	Price
Roast Beef	264	\$3.50
Vegetable and Cheese	200	\$3.50
The Super Sub (ham, turkey, cheese	350	\$4.65
and bacon)	550	94.00
OTHER ENTREES		
	Calories	Price
Crispy Chicken Strips (fried, breaded	000	\$3.50
chicken strips with dipping sauce)	380 295	\$2.25
Hot Dog	200	
Salads	Calories	Price
Garden Salad (with vinaigrette dressing)	190	\$2.50
Grilled Shrimp Salad (with ranch dressing		\$3.95
Caesar Salad (romaine lettuce, parmesa	n 338	\$3.95
cheese, croutons, Caesar dressing)	330	\$0.55
Side Dishes	Calories	Price
Small French Fries	210	\$1.75
Large French Fries	540	\$2.25
Baked Potato	310	\$2.25 \$1.95
Chill 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 (24 02.) Super Soda (42 02.) Keep the cup! Free re		\$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

MENU CHOICE	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

CASA MART	A
Main Dishes	
	ories
Burrito (flour tortilla, refried beans, cheese)	189
Chicken Chimichanga (fried burrito)	559
Quesadilla (flour tortilla, melted cheese)	183
Fajita (flour tortilla, grilled chicken, grilled vegetables)	363
Taco Salad (chicken, lettuce, cheese,	
beans, avocado, tomatoes served in	
a taco-shell bowl)	740
Side Dishes	
Cale	ories
Chips and Salsa	445
House Salad(with ranch dressing)	240
Guacamole (avocado, tomato, spices)	366
Refried Beans	238
Desserts	
Calc	ories
Churros (two deep-fried dough strips,	
dipped in sugar)	332
Flan (caramel custard)	225
Arroz con Leche (rice pudding)	200
Drinks	
Calc	ories
Soda (12 oz.)	175
Diet Soda (12 oz.)	1.5
1% Low-fat Milk (8 oz.)	102
Sweetened loed Tea (12 oz.)	135

Price \$3.25 \$3.25 \$2.95

\$3.95

\$4.00

Price \$1.95 \$1.95 \$1.65 \$1.65

Price \$2.00 \$2.25 \$2.25

Price \$1.25 \$1.25 \$1.25 \$1.25 \$1.25

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MENU CHOICE	NAME OF THE PLATE	NUMBER OF CALORIES	PRICE
MAIN DISH			
SIDE DISH			
DESSERT			
DRINKS			
TOTAL			

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China Pala	CE	
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THE FOREILLE		
LUNCH SPECIALS		
Cal	ories	Price
Sweet and Sour Pork (batter-dipped pork,		
fried and tossed with pineapple, red pepper,		
onion, in a sweet and sour sauce) with Fried Rice	696	\$3.50
Kung Pao Chicken (stir-fried spicy chicken,		
peanuts, red pepper) with Steamed Rice	1104	\$3.50
Chan Main Istis fried modeling ashhare		
Chow Mein (stir-fried noodles, cabbage, celery in soy sauce)	216	\$3.95
day.	2.10	1.55
Tofu With Vegetables (tofu cubes simmered		
in chicken broth, tossed with a blend of broccoli,		
mushrooms, carrots and green pepper) with Steamed Rice	362	\$3.50
With Steamed Rice	302	*5.50
Steamed Fish Fillet with Vegetables and Steamed I	Rice 401	\$3.95
Spring Rolls (mixed vegetables wrapped inside	617	\$3.00
two fried flour wraps) with Fried Rice	637	\$3.00
Chinese Chicken Salad	180	\$3.50
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The second second		
	lories	Price
Hot Tea (8 oz.)	2	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25
Cola (12 oz.)	175	\$1.25
Diet Cola (12 oz.)	1.5	\$1.25
Bottled Water (16 oz.)	U	\$1.00
the second secon		
DESSERTS	Inclus	Deire
	101185 137	Price \$2.00
Fresh Fruit Cup	229	\$2.00
Frozen Yogurt (Vanilla)	75	\$1.75
Almond Cookies (2)		
AND STREET AND ADDRESS OF A DECK		

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

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PETE	'S	
	VIE	
Pizza-By-The-Slice		
All of Pete's pizzas are made with tomato sauce, fresh herbs and spi imported cheeses.		
CA	LORIES	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, mushroom	S	
and olives)	390	\$2.95
Side Dishes		
	LORIES	PRICE
Side Salad	LUIGED	TRICE
(with ranch dressing)	281	\$2.25
Fried Breadsticks (2)	232	\$1.95
Minestrone Soup		
(with crackers)	108	\$2.25
Desserts	LODING	DDIGD
	ALORIES	PRICE
Gelato (ice cream)	178	\$2.00
Dessert Pizza (sweet dough	260	\$2.45
with butter, cinnamon, sugar topping)	200	\$2.33
angui topping)		
Beverages		
	ALORIES	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
Orange Juice (6 02.)		
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MENU CHOICE	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?

