

Good Fit Meals

13 choices
from 350-700
calories

goodfitmeals.com

Good Fit Meals

13 delicious combinations that meet nutritional standards developed by the Central District Health Department of Idaho. So if you're hungry for something better, try a Good Fit Meal today!

Each Good Fit Meal:

- Has less than 700 calories
- No more than 30% total fat (35% for Happy Meals)
- No more than 15% of total calories from saturated fat (10% for Happy Meals)
- No more than 0.5 grams of trans fat
- No more than 1,500 milligrams of sodium
- Increases daily intake of nuts, seeds, beans, whole grains, fruits, vegetables and dairy

Egg McMuffin*

Fruit 'n Yogurt Parfait with Granola.
Drink: Small Orange Juice
Calories 600 • Total Fat 15g (23%) • Saturated Fat 6g (9%) • Trans Fat 0g • Sodium 910mg

Premium Caesar Salad with Grilled Chicken - Option 1

Use 1/2 package of Newman's Own® Low Fat Balsamic Vinaigrette, Apple Dippers with Low Fat Caramel Dip. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 340 • Total Fat 8.5g (23%) • Saturated Fat 4g (11%) • Trans Fat 0g • Sodium 1285mg

Premium Caesar Salad with Grilled Chicken - Option 2

Use 1/2 package of Newman's Own® Low Fat Family Recipe Italian Dressing, Fruit 'n Yogurt Parfait with Granola. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 400 • Total Fat 9.75g (22%) • Saturated Fat 4g (9%) • Trans Fat 0g • Sodium 1335mg

Premium Chicken Classic Sandwich (grilled) - Option 1

Fruit 'n Yogurt Parfait with Granola, Apple Dippers with Low Fat Caramel Dip. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 680 • Total Fat 13g (17%) • Saturated Fat 3.5g (5%) • Trans Fat 0g • Sodium 1320mg

Premium Chicken Classic Sandwich (grilled) - Option 2

Snack Size Fruit & Walnut Salad. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 630 • Total Fat 18g (26%) • Saturated Fat 3.5g (5%) • Trans Fat 0g • Sodium 1250mg

Hamburger - Option 1

Side Salad and Newman's Own® Low Fat Family Recipe Italian Dressing. Drink: Minute Maid® Apple Juice Box
Calories 410 • Total Fat 11g (24%) • Saturated Fat 3.5g (8%) • Trans Fat 0.5g • Sodium 1270mg

Hamburger - Option 2

Fruit 'n Yogurt Parfait with Granola, Apple Dippers with Low Fat Caramel Dip. Drink: 1% Low Fat White Milk Jug
Calories 610 • Total Fat 14g (21%) • Saturated Fat 6g (9%) • Trans Fat 0.5g • Sodium 770mg

Cheeseburger

Apple Dippers with Low Fat Caramel Dip, Side Salad with 1/2 package of Newman's Own® Low Fat Balsamic Vinaigrette. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 440 • Total Fat 14.5g (30%) • Saturated Fat 6g (12%) • Trans Fat 0.5g • Sodium 1165mg

Honey Mustard Snack Wrap* (grilled) - Option 1

Side Salad with 1/2 package of Newman's Own® Low Fat Balsamic Vinaigrette, Fruit 'n Yogurt Parfait with Granola. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 460 • Total Fat 12.5g (24%) • Saturated Fat 5g (10%) • Trans Fat 0g • Sodium 1265mg

Honey Mustard Snack Wrap (grilled) - Option 2

Apple Dippers with Low Fat Caramel Dip. Drink: 1% Low Fat White Milk Jug
Calories 470 • Total Fat 12g (23%) • Saturated Fat 6g (11%) • Trans Fat 0g • Sodium 970mg

Southwest Salad with Grilled Chicken

Sub Southwest Dressing with 1/2 package of Newman's Own® Low Fat Balsamic Vinaigrette, Fruit 'n Yogurt Parfait with Granola. Drink: Dasani® bottled water, large iced tea (+20mg sodium) or coffee
Calories 490 • Total Fat 12.5g (23%) • Saturated Fat 3.5g (6%) • Trans Fat 0g • Sodium 1415mg

happy meals

Hamburger Happy Meal*

Apple Dippers with Low Fat Caramel Dip. Drink: 1% Low Fat White Milk Jug
Calories 460 • Total Fat 12g (23%) • Saturated Fat 5g (10%) • Trans Fat 0.5g • Sodium 680mg

Chicken McNuggets® Happy Meal

Apple Dippers with Low Fat Caramel Dip. Drink: 1% Low Fat White Milk Jug
Calories 390 • Total Fat 15g (33%) • Saturated Fat 4g (9%) • Trans Fat 0g • Sodium 570mg

