



# Introducing Good Fit Meals

13 delicious  
options.

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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
- No more than 15% of total calories from saturated fat
- 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 (12 oz.) Orange Juice

Calories 600 • Total Fat 15 g (23%) • Saturated Fat 6 g (9%) • Trans Fat 0 g • Sodium 910 mg

### Premium Caesar Salad with Grilled Chicken - Option 1

Use ½ package of Newman's Own®  
Low Fat Balsamic Vinaigrette  
Apple Dippers with Low Fat Caramel Dip  
Drink: Dasani® bottled water, large iced  
tea (+20 mg sodium) or coffee

Calories 340 • Total Fat 8.5 g (23%) • Saturated Fat 4 g (11%) • Trans Fat 0 g • Sodium 1285 mg

### Premium Caesar Salad with Grilled Chicken - Option 2

Use ½ package of Newman's Own®  
Low Fat Family Recipe Italian Dressing  
Fruit 'n Yogurt Parfait with Granola  
Drink: Dasani® bottled water, large iced  
tea (+20 mg sodium) or coffee

Calories 400 • Total Fat 9.75 g (22%) • Saturated Fat 4 g (9%) • Trans Fat 0 g • Sodium 1335 mg

### 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 (+20 mg sodium) or coffee

Calories 680 • Total Fat 13 g (17%) • Saturated Fat 3.5 g (5%) • Trans Fat 0 g • Sodium 1320 mg

### Premium Chicken Classic Sandwich (grilled) - Option 2

Snack Size Fruit & Walnut Salad  
Drink: Dasani® bottled water, large iced  
tea (+20 mg sodium) or coffee

Calories 630 • Total Fat 18 g (26%) • Saturated Fat 3.5 g (5%) • Trans Fat 0 g • Sodium 1250 mg

### 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 11 g (24%) • Saturated Fat 3.5 g (8%) • Trans Fat 0.5 g • Sodium 1270 mg

### Hamburger - Option 2

Fruit 'n Yogurt Parfait with Granola  
Apple Dippers with Low Fat Caramel Dip  
Drink: 1% Low Fat Milk Jug

Calories 610 • Total Fat 14 g (21%) • Saturated Fat 6 g (9%) • Trans Fat 0.5 g • Sodium 770 mg

### Cheeseburger

Apple Dippers with Low Fat Caramel Dip  
Side Salad with ½ package of Newman's  
Own® Low Fat Balsamic Vinaigrette,  
Drink: Dasani® bottled water, large iced  
tea (+20 mg sodium) or coffee

Calories 440 • Total Fat 14.5 g (30%) • Saturated Fat 6 g (12%) • Trans Fat 0.5 g • Sodium 1165 mg

### Honey Mustard Snack Wrap™ (grilled) - Option 1

Side Salad with ½ package of Newman's  
Own® Low Fat Balsamic Vinaigrette  
Fruit 'n Yogurt Parfait with Granola  
Drink: Dasani® bottled water, large iced  
tea (+20 mg sodium) or coffee

Calories 460 • Total Fat 12.5 g (24%) • Saturated Fat 5g (10%) • Trans Fat 0 g • Sodium 1265 mg

### Honey Mustard Snack Wrap™ (grilled) - Option 2

Apple Dippers with Low Fat Caramel Dip  
Drink: 1% Low Fat Milk Jug

Calories 470 • Total Fat 12 g (23%) • Saturated Fat 6g (11%) • Trans Fat 0 g • Sodium 970 mg

### Southwest Salad with Grilled Chicken

Use ½ package of Newman's Own®  
Low Fat Balsamic Vinaigrette  
Fruit 'n Yogurt Parfait with Granola  
Drink: Dasani® bottled water, large  
iced tea (+20 mg sodium) or coffee

Calories 490 • Total Fat 12.5 g (23%) • Saturated Fat 3.5 g (6%) • Trans Fat 0 g • Sodium 1415 mg

## Happy Meals®

### Happy Meal with Hamburger

Apple Dippers with Low Fat Caramel Dip  
Drink: 1% Low Fat Milk Jug

Calories 460 • Total Fat 12 g (23%) • Saturated Fat 5 g (10%) • Trans Fat 0.5 g • Sodium 680 mg

### Happy Meal with Cheeseburger

Apple Dippers with Low Fat Caramel Dip  
Drink: 1% Low Fat Milk Jug

Calories 500 • Total Fat 15 g (27%) • Saturated Fat 8 g (14%) • Trans Fat 0.5 g • Sodium 920 mg

