

Can I Eat Healthy in the Market Place?

Burge and Hillcrest Market Places serve all the delicious foods you need to maintain a healthy diet. Below are just a few menus taken directly from items served in the Market Place. These 2000 (approx.) calorie menus are nutritionally balanced, full of variety...and tasty, too!

Menu 1

| Item | Portion | Calories |
|---------------------------------------|---------|------------|
| Breakfast | | |
| Cherrios | 1 c | 100 |
| Skim Milk | 1/2 c | 40 |
| Banana | 1/2 | 50 |
| Blueberry Muffin | 1 ea | 130 |
| Total Calories | | 320 |
| Lunch | | |
| Tomato Soup | 1/2 c | 100 |
| Grilled Cheese Sandwich | 1 ea | 300 |
| Apricot 1/2s | 1/2 c | 100 |
| Green Leafy Salad | 1 c | 10 |
| Organic Balsamic Vinaigrette Dressing | 2 T | 80 |
| Sugar Cookies | 1 ea | 120 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 790 |
| Dinner | | |
| Vegetable Lasagna | 6 oz | 380 |

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|-----------------------|---------|-------------|
| Garlic Toast | 2 slice | 200 |
| Asparagus | 1/2 c | 35 |
| Red Grapes | 1/2 c | 100 |
| Total Calories | | 890 |
| Daily Calories | | 2000 |

Menu 2

| Item | Portion | Calories |
|--|----------|------------|
| Breakfast | | |
| Texas French Toast | 2 slices | 200 |
| Syrup | 2 T | 105 |
| Yogurt | 6 oz | 190 |
| Blueberries | 1/2 c | 40 |
| Orange Juice | 1 c | 120 |
| Total Calories | | 655 |
| Lunch | | |
| Chicken Fajitas | 1 ea | 273 |
| 11/2oz chicken, 1oz cheese, 1/4c lettuce, 1/4c tomatoes, 6" Flour Tortilla | | |
| Black Beans | 1/4 c | 50 |
| Sour Cream | 1 T | 30 |
| Tortilla Chips | 1 oz | 100 |
| Salsa | 1/4 c | 20 |

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|---------------------------|-------|-------------|
| Watermelon | 1/2 c | 35 |
| Chocolate Soft Serve | 3/4 c | 150 |
| Total Calories | | 638 |
| Dinner | | |
| Grilled Pork Chop/Bone in | 6 oz | 216 |
| Long Grain & Wild Rice | 1/2 c | 100 |
| Capri Blend Vegetables | 1/2 c | 35 |
| Mixed Green Salad | 1 c | 10 |
| Ranch Dressing | 2T | 100 |
| Whole Grain Dinner Roll | 1 ea | 100 |
| Peach Slices, Canned | 1/2 c | 80 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 701 |
| Daily Calories | | 2014 |

Menu 3

| Item | Portion | Calories |
|------------------------|---------|----------|
| Breakfast | | |
| Scrambled Eggs, 2 eggs | 1/2 c | 175 |
| Whole Wheat Toast | 1 slice | 65 |
| Margarine | 1 tsp | 40 |
| Grapefruit 1/2 | 1 ea | 40 |

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|------------------------|-----------|-------------|
| Skim Milk | 1 c | 80 |
| Total Calories | | 400 |
| Lunch | | |
| Pulled Smoked Turkey | 3 oz | 75 |
| Memphis BBQ Sauce | 1 1/2 oz | 70 |
| Bun | 1 ea | 120 |
| Coleslaw | 1/2 c | 140 |
| Apple | 1 ea | 100 |
| Chocolate Chip Cookies | 1 ea | 100 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 685 |
| Dinner | | |
| Chicken & Broccoli | 6 oz | 270 |
| Rice | 1/2 c | 80 |
| Spring Roll | 1 ea | 230 |
| Honeydew Melon | 1 c | 60 |
| Cookies and Cream Cake | 1 serving | 200 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 920 |
| Daily Calories | | 2005 |

Menu 4

| Item | Portion | Calories |
|------------------------------|---------|------------|
| Breakfast | | |
| Pancakes | 2 ea | 140 |
| Margarine | 1 tsp | 40 |
| Sliced Strawberries in Juice | 1/4 c | 50 |
| Cantaloupe | 1 c | 60 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 370 |
| Lunch | | |
| Garden Vegetable Soup | 1/2 c | 80 |
| Saltines | 2 ea | 25 |
| Hamburger,4oz | 1 ea | 250 |
| Bun | 1 ea | 120 |
| Leaf Lettuce & Tomato Slices | | 5 |
| French Fries | | 250 |
| Carrot & Celery Sticks | 1/2 c | 10 |
| Ranch Dressing | 2 T | 100 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 920 |
| Dinner | | |
| Fiesta catfish | 5oz | 200 |
| Mexican Rice | 1/2 c | 90 |
| Stir Fry Vegetables | 1/2 c | 50 |

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|-----------------------|-----------|-------------|
| Pear Slices | 1/2 c | 80 |
| Cornbread | 1 serving | 130 |
| Jello | 1/2 c | 80 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 860 |
| Daily Calories | | 2000 |

Menu 5

| Item | Portion | Calories |
|-----------------------|---------|------------|
| Breakfast | | |
| Oatmeal | 1/2 c | 150 |
| Raisins | 2 T | 60 |
| 2% Milk | 1/4 c | 30 |
| Whole Wheat Bread | 1 slice | 65 |
| Margarine | 1 tsp | 40 |
| Cantaloupe | 1 c | 60 |
| Orange Juice | 1 c | 120 |
| Total Calories | | 525 |
| Lunch | | |
| Penne Pasta | 1/2 c | 150 |
| Marinara Sauce | 1/2 c | 50 |
| Parmesan Cheese | 2 T | 110 |

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|--------------------------|-------|-------------|
| Breadstick | 1 ea | 100 |
| Tossed Salad | 1 c | 10 |
| Chopped Tomatoes | 1/4 c | 10 |
| Ranch Dressing | 2 T | 100 |
| Monster Cookie | 1 ea | 100 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 710 |
| Dinner | | |
| Beef Pot Roast | 2 oz | 210 |
| Steamed Potatoes | 1/2 c | 125 |
| Margarine | 1 tsp | 40 |
| Carrots | 1/2 c | 25 |
| Pineapple Chunks, Canned | 1/2 c | 60 |
| Cottage Cheese | 1/2 c | 75 |
| Chocolate Pudding | 1/2 c | 150 |
| Skim Milk | 1 c | 80 |
| Total Calories | | 765 |
| Daily Calories | | 2000 |