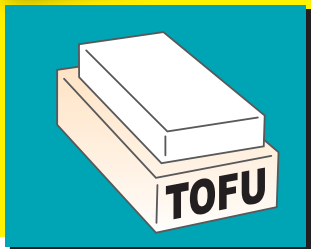


What are your Alternatives?

Leaner meats and meat alternatives add variety to your healthy choices.



For Variety at Lunch



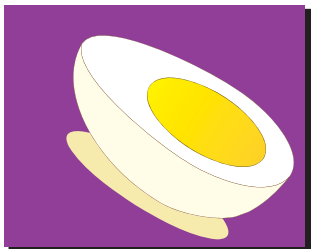
Instead of:

Try:

Ham Sandwich



Peanut Butter Sandwich



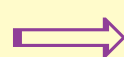
Meat Lovers Pizza



Pita and Falafel



Beef Taco



Bean Burrito



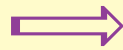
Going Leaner at the Drive Thru



Instead of:

Try:

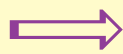
Double Beef Cheese Burger



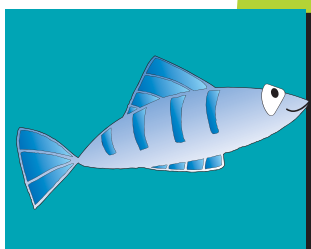
Chicken Fajita



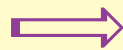
Fried Chicken



Grilled Chicken



Assorted Cold Cut Sub



Turkey Breast Sub

Choose

Leaner meats such as chicken, turkey, or fish; **meat alternatives** like eggs, beans, chickpeas, and lentils...**more often.**



Eat Different Foods Everyday

COME to the Cafeteria

HEALTH Action en santé WINDSOR-ESSEX

WINDSOR-ESSEX COUNTY HEALTH UNIT
Unité sanitaire de Windsor-comté d'Essex
WINDSOR-ESSEX-LEAMINGTON
www.wehealthunit.org