

FWSW MENU



Lutheran Health Network Nutritionist Approved
Under 500 Calories

Ashley Omelet \$7

(4 egg whites, 2oz turkey, 1/4c. each: green peppers/onions/tomatoes)
165 calories, 23g protein, 12.5g carbs, 4.4g fiber, 7g sugar, 2g fat, 519mg sodium

Snow White Omelet \$6

(4 egg whites, 1/4c. each: tomatoes, green peppers, onions, spinach)
100 calories, 16g protein, 12g carbs, 4g fiber, 5g sugar, 0g fat, 219mg sodium

Spicy Scramblers \$4

(4 egg whites, 1/2c. peppers)
85 calories, 15g protein, 7g carbs, 1.5g fiber, 1g sugar, 0g fat, 219mg sodium

Skinny Egg Sandwich \$4

(1 egg, 1oz turkey, spinach, 1 slice wheatberry bread)
220 calories, 15g protein, 24g carbs, 1g fiber, 3g sugar, 7g fat, 431mg sodium

Protein-Packed Burrito \$8

(4 egg whites, spinach, tomatoes, green peppers, onions, honey wheat or spinach wrap)
290 calories, 7g protein, 47g carbs, 3g fiber, 2g sugar, 8g fat, 869g sodium

Lean Green Mango 24 oz. \$5

(Apple, 1c. kale, 1c. spinach, 1/4 avocado, 1/2c. mango)
205 calories, 3.7g protein, 39g carbs, 10g fiber, 28g sugar, 8g fat

Chocolate Berry UMP 24oz. \$5

(1 scoop chocolate UMP, 1c. mixed berries, 10oz. unsweetened almond milk)
230 calories, 22g protein, 22g carbs, 6g fiber, 10g sugar, 6.5g fat, 425mg sodium

Skinny Hulk 24oz. \$6

(1c. skim milk or unsweetened almond milk, 1c. kale, 1c. spinach, apple, 1/2c. blueberries, 1/2 scoop Beverly UMP, cinnamon)
*skim milk: 315 calories, 30.5g protein, 50g carbs, 7.7g fiber, 36g sugar, 5g fat, 298mg sodium
*almond milk: 265 calories, 23.5g protein, 39g carbs, 7.7g fiber, 24g sugar, 2g fat, 370mg sodium

Popeye Punch 24oz. \$6

(1c. kale, 1c. spinach, carrots, 1/4 avocado, 1/2c. strawberries, 1 scoop Beverly UMP)
280 calories, 24g protein, 27g carbs, 10g fiber, 10g sugar, 10g fat, 216mg sodium

Chicken Stir-Fry \$5

(4oz chicken, 1c. mixed veggies)
220 calories, 37g protein, 12g carbs, 3g fiber, 0g sugar, 3g fat

Skinny Mother Clucker \$7

(4oz chicken, 1/2c. diced veggies, honey wheat or wrap)
475 calories, 42g protein, 53g carbs, 4.5g fiber, 2g sugar, 8g fat, 650mg sodium

The Green Gobbler \$7

(4oz turkey, 1/4 avocado, lettuce, tomatoes, honey wheat or spinach wrap)
500 calories, 28g protein, 60g carbs, 8g fiber, 7.5g sugar, 17g fat, 1,250g sodium



Add-ons:

Spinach .75
Kale .75
Avocado .75