



### ***Coffee House* BREAKFAST**

1 reduced-fat bran muffin with yogurt and fresh fruit.

### ***Crunchy Chicken Fingers* LUNCH**

Combine 1 cup cornflake crumbs; parsley; salt & pepper. In another dish, combine 1/3 cup low-fat ranch dressing and 1 tbsp water. Dip skinless, boneless chicken breasts cut into bite-size strips into the dressing mixture then into the crumb mixture. Place in baking pan sprayed with nonstick cooking spray. Bake in a 425 degree oven for 12-15 minutes or until chicken is done. Serve with mashed new potatoes and tossed salad.

Dessert: *Caramel Apple Sundaes*: In a large bowl, toss together 1 medium red apple, cored and chopped; 1 medium green apple, cored and chopped; and 1 tbsp lemon juice. Divide the mixture among 4 dessert dishes. Drizzle each with 1 tbsp caramel ice cream topping. Spoon fat-free whipped topping on top. Sprinkle with low-fat granola or toasted corn and wheat cereal flakes with oats. Serve immediately.

### ***Energizing Snack***

Celery sticks spread with a little peanut butter, topped with raisins.

### ***Pizza* DINNER**

Have cheese or Canadian bacon pizza, preferably on a thin crust. Serve with a tossed salad.