

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dieta r Fiber (g)	Sugar (g)	Prote in (g)	Other
Animal and Plant-based Proteins												
MHealthy Nutrition Guideline	per 3.5 ounces			4.5 grams or less			lunchme ats (per oz.) /protein- based salads (per 3.5 oz): <=240 mg sodium					item cannot be fried; hard boiled eggs & 1% cottage cheese ok
cottage cheese 1%	1 oz.	20	0	0	0	0	115	1	0	1	4	
Eggs, hard-boiled	1 large	80	5	2	0	210	140	1	0	1	6	
Egg Whites	3 oz	45	0	0	0	0	140	1	0	1	4	
Salad Bar												
Diced Turkey												
Garbonzo Beans	1 oz	20	0	0	0	0	39	4	1	0	1	
Marinated Chicken	3.5 oz	170	5	1	0	80	32	1	1	0	29	
Low Sodium Deli Ham	3.5 oz	120	4.5	2	0	55	580	0	0	0	19	
Low Sodium Deli Turkey	3.5 oz	52	0	0	0	44	402	2	0	2	21	
Edamame	1 ozw	40	1	0	0	0	25	3	0	1	4	
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Yogurt												
MHealthy Nutrition Guideline	6 oz. or less	150 or less		2 gram s or less								no artificial sweeteners or colors
Dannon Oikos Triple Zero Non-fat Strawberry Greek	5.3 oz	120	0	0	0	0	65	15	6	7	15	
Dannon Oikos Triple Zero Non-fat Vanilla Greek	5.3 oz	120	0	0	0	0	65	15	6	7	15	
Chobani greek yogurt peach fruit on the bottom	5.3 oz	120	0	0	0	5	50	17	0	15	12	
Chobani greek yogurt Blueberry fruit on the bottom	5.3 oz	120	0	0	0	5	50	18	1	15	12	
Chobani greek yogurt stawberry fruit on the bottom	5.3 oz	120	0	0	0	5	60	19	0	15	12	
chobani greek yogurt raspberry fruit on the bottom	5.3 oz	120	0	0	0	5	50	18	0	16	12	

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Cereals												
MHealthy Nutrition Guideline									at least 2.5 grams	10 grams or less added		1st ingredient is a whole grain
Cheerios Cereal Whole grain bowl	1 oz	100	2	0.05	0	0	140	20	3	1	3	
Kashi GOLEAN cereal	1.6 oz	130	1	0	0	0	75	26	9	5	12	
Kashi Heart to Heart Wild Blueberry Clusters cereal	1.9 oz	200	2	0.5	0	0	135	43	4	12	6	
Oatmeal	8 ozw	130	2.5	0	0	0	0	25	4	0	5	
<u>Low Fat Granola with Raisins</u>	1pkg	240	3	0.5	0	0	160	50	5	18	6	
Kashi Heart to Heart Cereal	1.4 Oz	140	2	0	0	0	100	31	5	7	12	
Kellogg Rasin Bran	1.25 oz	110	0.5	0	0	0	125	27	4	10	3	
Chips, Pre-packaged Snacks												
MHealthy Nutrition Guideline			5 grams or less	10% or less	0		480 mg or less			10% or less added		nut/seed no total or sat. fat. Limit; must meet sodium & added sugar limits
Baked Tostitos Scoops Tortilla Chips	.88 oz	110	2.5	0	0	0	125	19	2	0	2	
Cheetos Whole Grain Chili Cheese Chips	1 oz	130	5	1	0	0	200	19	2	0	2	
Cheetos Baked Crunchy cheese curls	.88 oz	120	4.5	1	0	0	200	17	1	1	2	
Cheetos Baked Flaming Hot Cheese curls	.88 oz	120	4.5	0.5	0	0	200	17	1	1	2	
Smartfood White Cheddar Popcorn	.5 oz	70	2.5	0	0	0	110	9	2	0	2	
Goldfish Cheddar Crackers whole grain	0.75	100	4	0.5	0	0	170	14	1	0	2	
Chex Hot N'Spicy Mix	.92 oz	110	3.5	0.5	0	0	160	19	1	2	2	
Doritos cool ranch tortilla chips	1 oz	130	5	1	0	0	160	19	2	1	2	
Quaker Snack Mix	.88 oz	110	3.5	0	0	0	18	17	2	2	2	
Quaker Cheddar Rice Cakes	.67oz	90	3	0	0	0	260	13	0	0	1	
Rold Gold Heart shapped pretzels	0.7 oz	80	1.5	0	0	0	200	1.5	2	0	2	
Rold gold tiny twist Prezels	.5 oz	60	0.5	0	0	0	220	12	1	0	1	
Baked Lays-Original	1.13 oz	130	2	0	0	0	150	26	2	2	2	
Baked Cheddar & Sour Cream	1	100	3	0	0	0	200	17	1	2	1	
Baked Lays-Sour Cream & Onion	1.13 oz	130	2	0	0	0	200	26	2	2	2	

Fat Free Fig Newtons	2.1 oz	100	0	0	0	0	130	22	1	13	1	
Snack Factory Pretzel Crisp Garlic Parmesan	28 g	110	1.5	0	0	0	410	22	1	2	2	
Snack Factory Pretzel Crisp Original	28 g	110	0	0	0	0	330	24	1	2	2	
Gold Fish Baked	2	140	5	1	0	10	250	20	1	0	3	
NBTF Raspberry Chia Fruit snack	0.9 oz	100	0.05	0	0	0	10	23	2	19	1	No added sugar
NBTF Concord Grape fruit snack	0.9 oz	100	0	0	0	0	15	23	2	19	1	No added sugar
Go Lite Sweet Maui & onion	25g	100	2.5	0	0	0	160	20	1	3	0	
Popped Sour cream & onion Crisps chips	1	100	2.5	0	0	0	160	17	1	1	2	
Popped BBQ Crisps chips	1	90	2.5	0	0	0	180	17	1	2	1	
Good Natured Baked Vegetable Crisps--Ranch	1	110	2	0	0	0	190	22	2	3	2	
Kar's Raisin Almond Cashew Mix*	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
KAR'S - Nuts - Roasted & Salted*												
Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	nut exception
Almonds	1 oz	170	16	1	0	0	5	3	1	6		nut exception
Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	nut exception
KAR'S - Peanuts & Nuts - Unsalted*												
Almonds, Natural	1 oz	160	14	1	0	0	0	6	3	1	6	nut exception
Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
KAR'S - Seeds & Kernels (Roasted & Salted)*												
Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6	seed exception
Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6	nut exception
Old Wisconsin Beef Sausage Snack Stick	.5 oz	30	1	0	0	3	190	0	0	0	4	
Special K Cracker Chips, BBQ	1.06 oz	110	2.5	0	0	0	210	23	3	2	2	
Special K Cracker Chips, Cheddar	.88 oz.	100	3.5	0.5	0	0	180	18	2	2	1	
Special K Cracker Chips Baked Snacks, Sea Salt	1.06 oz	110	2.5	0	0	0	230	23	3	0	2	
Wheat Crackers	1 oz.	35	1	0	0	0	60	5	0	0	0	

*These items may contain more than one serving per package. They are MHealthy for one serving.

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Snack Bars												
MHealthy Nutrition Guideline		250 or less							no added supplements, vitamins or minerals			1st 2 ingredients must be nuts, seeds, whole fruit or whole grains
Clif Organic Trail Mix bar: Cranberry Almond	1	180	9	1	0	0	110	22	4	11	5	
Kashi TLC Chewy bar: Trail Mix	1.2 oz	140	5	0.5	0	0	95	20	4	6	6	
Kind-Fruit & Nut	1	200	13	1.5	0	0	15	17	3	7	6	Peanuts, Almonds

Kind-Blueberry Vanilla & Cashew	1	180	12	2	0	0	20	19	4	7	4	Cashews, Almonds
That's It bar--Apple & Blueberry	1	100	0	0	0	0	25	26	4	19	1	apples, blueberries
That's It bar--Apple & Strawberry	1	100	0	0	0	0	30	22	4	17	1	apples, strawberries
Quaker Breakfast Flats Cranberry Almond	1	180	7	0.5	0	0	135	27	3	11	3	whole grain oat flour , whole grain oats
Quaker Breakfast Flats Banana Honey Nut	1	180	7	0.5	0	0	140	27	3	10	3	whole grain oat flour , whole grain oats
Kind-Madagascar vanilla almond	1	210	16	1.5	0	0	15	14	6	4	7	Almonds, peanuts, cashews

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Fruit

MHealthy Nutrition Guideline	per serving											no added sugar or artificial sweeteners
Apple	5 oz	80	0.5	0	0	0	20	21	4	0	0	
Banana	5 oz	110	0.5	0	0	0	30	28	3	0	1	
Orange	4.6 oz	60	0	0	0	0	0	15	3	0	1	
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0	
<u>Salad Bar</u>												
Grapes, fresh	1 ozw	20	0	0	0	0	0	5	0	4	0	
Mandarin Oranges	1 ozw	10	0	0	0	0	0	3	0	2	0	
strawberries	1 ozw	10	0	0	0	0	0	2	1	1	0	
Pineapple, canned in juice	1 ozw	17	0	0	0	0	0	4	0	4	0	

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Daily Main Dish

MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			no more than 1000 mg				7 grams or more	contains Fruit and/or vegetable
Chicken Caesar Salad with FF Caesar dressing	8.8 ozw	230	7	1.5	0	70	490	16	4	3	29	
Cranberry Mandarin Chicken Salad (no dressing, no cheese)	14.2 oz	250	4.5	1	0	85	110	28	7	19	27	
Baked Potato Bar-MHealthy Choice	14.8	320	6	1	0	5	560	57	9	7	11	y
Bistro Chicken w/Risotto	13.9	380	7	2	0	85	770	40	4	7	37	y
Chicken Berry Salad	12.9	280	4	1	0	70	650	31	7	23	29	y
Chicken Cacciatore	8 oz.	320	3.5	0.5	0	30	250	48	2	6	20	y
Chicken Marsala	14 oz	430	14	3	0	80	115	34	5	7	34	y

Chicken Piccata w/Rice Pilaf & Veg	13.4	340	13	2.5	0	80	560	19	2	4	32	y
Chili	8 oz	210	5	1.5	0	20	810	28	9	5	15	
Cod en Papillote w/Ratatouille & Dirty Rice	15 oz	270	9	2.5	0	55	790	21	4	8	26	y
Grilled Lemon Chicken w/Tabbouleh	8oz	330	9	1.5	na	65	500	32	8	na	32	y
Harvest Grilled Chicken Breast w/Apple Slaw & Orzo	8.3 oz	390	5	1.5	0	80	85	48	4	12	36	y
Hudson Valley Grilled Chicken Breast w/Apple Slaw Couscous	8.3 oz	390	5	1	0	80	85	49	5	11	26	y
Hummus Pita and Veggies	8.46 oz	400	14	2	0	0	660	56	7	6	13	y
Lemon Bean Salad with Mahi Mahi	12.3 oz	290	11	1.5	0	20	570	35	9	3	17	y
Lemon Pepper Baked Tilapia w/Red Skin Potatoes & Vegetables	12.6 oz	360	13	2.5	0	100	90	29	4	4	34	y
Louisiana Shrimp Pasta	12.4 oz	450	9	4	0	200	940	58	3	11	33	y
Marinated Veggie Salad	16 oz	210	7	0.5	0	0	430	33	11	13	9	y
Pepper Steak w/Rice	20 oz	440	5	2	0	70	770	63	5	9	33	y
Roasted Turkey Breast w/Stuffing Corn	10.4 oz	340	2.5	0	0	80	280	42	4	6	36	y
Roasted Turkey Breast w/Stuffing and Vegetables	10.3 oz	300	7	1	0	80	290	25	4	4	36	y
Roasted Pork Loin with Potatoes and Veggies	11.5 oz	350	13	2.5	0	70	90	28	4	4	31	y
Sag Tofu & Moonj Dal Thali (Earthen)	16 oz	400	20	2	0	0	370	42	6	2	16	y
Salmon and Gazpacho Relish Asparagus	17.9 oz	480	16	2.5	0	90	150	43	7	5	40	y
Savi Beans, Scrambled Tofu & Alu Thali (Earthen)	16 oz	269	9	1	0	0	615	38	10	5	15	y
Sizzlin Salad (no dressing)	11.9 oz	280	11	2	0	90	390	11	6	4	37	y
Soy Glazed Mahi Mahi w/Sticky Rice & Veg	15.6 oz	400	6	1	0	85	350	58	5	14	28	y
Stir Fry No Sauce	9.4 oz	350	1.5	0	0	80	330	30	3	3	33	y
Stir Fry w/Sweet and Sour Sauce	10.4 oz	380	10	1.5	0	80	520	39	3	10	33	y
Stir Fry w/Szechuan Sauce	10.4 oz	390	12	1.5	0	80	710	36	3	6	34	y
Stir Fry w/Teriyaki Sauce	10.4 oz	400	11	1.5	0	80	650	39	3	10	34	y
Taco Tuesday	12.4 oz	410	10	3.5	0	15	870	66	7	6	14	y
Turkey Piccata w/Rice and Vegetables	10 oz	280	10	2.5	na	40	420	26	2.5	na	24	y
Turkey Tetrazzini	11 oz	370	2.5	0.5	0	60	170	52	2	9	32	y
Winter Quinoa Salad w/Chicken	6.4 oz	220	6	1	0	70	230	11	2	1	28	y
Egg White Omelet	8 oz	120	2.5	1.5	0	10	190	10	3	4	13	
Curried /Chicken /w rice and vegetables	10 oz	280	4.5	2.5	0	40	105	40	3	9	18	y
Pot Roast with potatoes and carrots	10 oz	260	8	3	0	30	180	33	5	7	13	y

Chicken Milanese w/Arugula & creamy parmesan dressing	11 oz	270	7	2	0	85	160	18	3	3	34	y
Egg White Breakfast Burrito (wheat tortilla)	6.4 oz	250	5	1	0	15	470	40	5	5	11	
Egg whites w/cheese on honey wheat bagel	5.8 oz	320	5	1.5	0	10	600	54	5	6	16	veg added spinach tomato
Egg whites w/ham on honey wheat bagel	5.7 oz	290	3	0	0	15	590	52	4	5	17	veg added spinach tomato

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Healthy Fats (olive oil, nuts, seeds, nut & seed butters, avocado, whole olives)												
Black Olives	0.5 ozw	15	1.5	0	0	0	105	1	0	0	0	
Sunflower Seeds	0.5 ozw	80	7	0.5	0	0	60	3	1	0	3	
Walnuts	0.5 ozw	90	9	1	0	0	0	2	1	0	2	
Peanuts												
Oatmeal/Salad Bars												
Olive oil	1 Tbsp.	120	14	2	n/a	0	0	0	0	0	0	
Peanut Butter	.74 oz	130	11	2.5	n/a	n/a	100	5	2	2	5	

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Salad Dressings and Condiments												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)			10% or less			320 mg or less			5 grams or less total		
Balsamic Vinegar	1 oz	25	0	0	0	0	5	5	0	4	0	
Balsamic Vinaigrette	1 oz	90	9	1	0	0	15	2	0	2	0	
Hummus	2 ozw.	80	4.5	0.5	0	0	70	7	2	0	3	
Low calorie lite mayo	15 g	25	1	0	0	15	55	4	0	1	0	
Mustard	0.5 ozw.	0	0	0	0	0	140	3	0	0	0	
Pureed Avocado	2 ozw.	100	9	1	0	0	0	6	4	0	2	
Red Wine Vinegar	1 oz	5	0	0	0	0	0	0	0	0	0	
GFS Grape Jelly Cup	12 g	10	0	0	0	0	0	3	0	1	0	
GFS Mixed Jelly Cup	12 g	10	0	0	0	0	0	3	0	1	0	
GFS Strawberry	12 g	10	0	0	0	0	0	3	0	1	0	
Ketchup	1oz	40	0	0	0	0	320	0	0	4	0	

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Sandwiches												

MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			no more than 1000 mg				7 grams or more	includes fruit or vegetable
Avocado Veggie with cream cheese	7.3 ozw	270	9	2.5	0	5	470	41	5	7	8	
Avocado Veggie with Hummus Tweener (wheat tortilla)	8.7 oz	340	12	2	0	0	480	48	7	6	9	
BBQ Chicken Sandwich w/Slaw	12 Oz	450	11	2	0	90	680	50	5	16	35	
Chicken Salad Tweener (wheat tortilla)	10.2 oz	460	12	2.5	0	105	520	44	4	11	43	
Chicken Salad on Whole Grain	11 oz	500	11	1.5	0	105	510	56	7	18	50	
Classic Ham on Rye	7.3 oz	300	5	1.5	0	40	910	41	3	2	21	
Dali's Surreal Veggie Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Classic Turkey Club on Texas Toast	7.3 oz	240	3	1	0	45	800	37	2	6	26	
Classic Turkey on Sourdough	7.6 oz	260	2	0	0	40	820	44	2	4	26	
Dali's Surreal Veggie w/cream cheese on whole grain	7.9 oz	290	6	1.5	0	5	460	52	7	14	14	
Da Vinci's Bacon Turkey on Ciabatta	8.3 oz	290	5	1.5	0	50	850	39	2	3	28	
Egg Salad on whole grain	8.1 oz	340	9	1.5	0	115	550	49	7	12	21	
Egg Salad Tweener (wheat tortilla)	7.8 oz	310	11	2.5	0	135	590	38	4	5	15	
Grilled Chicken Breast	7.6 oz	330	8	1	0	90	560	26	4	3	39	
Hummus & Fattoush Tweener	7.4 ozw	320	12	2	0	0	630	47	5	5	10	
Ham Tweener Wheat Tortilla	7.3 oz	320	9	2.5	0	45	900	36	4	4	22	
Ni's Chicken Salad Pita Pocket	5.8 oz	220	4	1	0	55	115	23	3	5	23	
Tuna Salad on whole grain	9.1 oz	410	11	1	0	50	480	50	7	12	34	
Tuna salad Tweener (wheat tortilla)	8.3 oz	370	12	2	0	50	490	38	4	5	27	
Veggie Black Bean Burger	6.8 oz	270	4.5	0.5	0	0	400	43	8	5	16	
Veggie Tweener w/cream cheese (wheat tortilla)	7.1 oz	250	7	2.5	0	5	470	40	4	7	7	
Veggie Tweener w/hummus (wheat tortilla)	10.4 oz	410	15	2.5	0	0	560	55	8	6	12	
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Daily Soup												
MHealthy Nutrition Guideline	8 ozv			10% or less calories			no more than 600 mg sodium					
Butternut Squash Soup	8 oz	100	1	0	0	0	200	20	4	11	5	
Carrot Ginger Bisque	8 oz	50	0	0	0	0	270	9	1	6	4	
Chicken Noodle	8 oz	160	3	0.5	0	40	30	22	1	2	10	
Chicken Tortilla	8 oz	80	1.5	0	0	20	120	8	1	2	8	

Chicken Vegetable	8 oz	90	3.5	0	0	20	320	4	0	2	10	
Corn Chowder	8 ozv	140	1.5	0.5	0	5	125	28	3	8	6	
Cream of Broccoli	8 ozv	110	1.5	1	0	5	220	17	1	10	8	
Cream of Mushroom	8 ozv	110	1.5	1	0	5	210	17	1	11	9	
Gazpacho	8 ozv	50	2	0	0	0	10	7	2	4	1	
Manhattan Clam Chowder	8 ozv	30	0	0	0	0	190	5	1	2	2	
Navy Bean	8 ozv	70	0	0	0	0	260	12	3	0	4	
Oriental Chicken	8 oz	35	1	0	0	15	40	1	0	0	6	
Roasted Garlic Bisque	8 ozv	100	0	0	0	5	200	18	1	10	8	
Roasted Red Pepper Bisque	8 ozv	70	0	0	0	5	310	11	2	8	5	
Tomato Basil	8 ozv	60	1	0	0	0	80	10	1	6	3	
Vegan Southwest Black Bean & Rice	8 ozv	190	2.5	0	0	0	320	32	7	1	8	
Vegetable Soup	8 ozv	40	2.5	0	0	0	220	3	0	2	2	
Vegetable Orzo Soup	8 ozv	70	2.5	0	0	0	230	9	1	3	3	

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Vegetables

MHealthy Nutrition Guideline	per serving			10% or less calorie s			480 mg or less					
Banana Peppers	1 ozw	10	0	0	0	0	0	2	1	1	0	
Bell Peppers	1 ozw	5	0	0	0	0	0	1	0	1	0	
Broccoli	1 ozw	10	0	0	0	0	10	1	1	0	1	
Carrots	1 ozw	10	0	0	0	0	20	3	1	1	0	
Celery	1 ozw	5	0	0	0	0	25	1	0	0	0	
Cucumber Slices	1 ozw	5	0	0	0	0	0	1	0	0	0	
Grape Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0	
Radishes	1 ozw	5	0	0	0	0	10	1	0	1	0	
Pea Pods	1 ozw	10	0	0	0	0	0	2	1	1	1	
Romaine	1 ozw	5	0	0	0	0	0	1	1	0	0	
Green Olives	.5ozw	20	2	0	0	0	240	1	0	0	0	
Lettuce, Leaf (1 leaf)	.8 ozw	5	0	0	0	0	5	1	0	0	0	
Mixed Greens	1 ozw	5	0	0	0	0	5	1	1	0	0	
Mushrooms	1 ozw	5	0	0	0	0	0	1	0	1	1	
Onion, Red	1 ozw	10	0	0	0	0	0	3	0	1	0	
Spinach	1 ozw	5	0	0	0	0	20	1	1	0	1	
Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0	

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dietar y Fiber (g)	Sugar (g)	Prote in (g)	Other
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SIDES

Mhealthy Nutrition Guideline		250 or les	10% or less				480 or less					Contains whole grainsand/or veggies
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Garden Salad (no dressing)	9.2 ozw	50	0.5	0	0	0	40	10	4	5	3	
Corn & Black Bean Quinoa Salad	182 g	200	9	1.5	0	5	240	25	5	4	7	
Whipped Potatoes	3.6 oz	70	0	0	0	0	5	17	2	1	2	