

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Other
<b>Fruit</b>												
MHealthy Nutrition Guideline	per serving											no added sugar or artificial sweeteners
Fresh Fruit Cup	11 ozw	150	0	0	0	0	20	37	4	30	2	
Apple-medium	6.39 ozw	90	0	0	0	0	0	25	4	19	0	
Banana-medium	4.14 ozw	110	0	0	0	0	0	27	3	14	1	
Orange-medium	4.6 oz	60	0	0	0	0	0	15	3	12	1	
<b>Chips, Pre-Packaged Snacks</b>												
MHealthy Nutrition Guideline			no more than 5 grams	10% or less	0 grams		no more than 480 mg			10% or less added		nuts/seeds no total or sat. fat limits
Reduced Fat Doritos Nacho Cheese	1 oz	130	5	0.5	0	0	200	20	2	0	2	
Baked Lays, Original	1.125	130	2	0	0	0	150	26	2	2	2	
<b>KAR'S - Peanuts &amp; Nuts - Unsalted</b>												
Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
<b>KAR'S - Nuts - Roasted &amp; Salted</b>												
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
<b>KAR'S - Seeds &amp; Kernels (Roasted &amp; Salted)</b>												
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
Kar's Raisin Almond Cashew Mix	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
<b>Healthy Fats</b>												
Peanut Butter	1 oz.	170	14	3	0	0	130	6	2	3	7	
<b>Main Dish</b>												
MHealthy Nutrition Guideline	at least 8 oz	500 calories or less		10% or less			1,000 mg or less				7 grams or more	includes fruit or vegetable
Chicken & Tuna Salad w/veggies	9.1 ozw	310	20	3	0	45	320	13	3	7	19	veggies
Chopped Buffalo Chicken Salad w/o dressing	11.3 ozw	140	2.5	0.5	0	45	750	10	3	5	20	veggies
Chopped Chicken Strawberry Salad w/o dressing	9.7	220	6	1	0	40	170	24	5	15	19	
Garden Market Salad w/o dressing	8.3 ozw	90	0.5	0	0	0	125	19	3	5	5	veggies
Greek Yogurt Parfait	7 oz	270	3	0	0	5	90	49	1	38	16	
Veggies & Hummus	6.2 ozw	120	8	0.5	0	0	310	18	6	4	6	

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<b>Salad Dressings &amp; Condiments</b>												
MHealthy Nutrition Guideline	1 oz.			10% or less			320 mg or less					
Hummus	2 oz.	140	9	0.5	0	0	260	11	3	1	5	
<b>Sandwiches</b>												
MHealthy Nutrition Guideline	at least 8 oz	500 calories or less		10% or less			1,000 mg or less				7 grams or more	includes fruit or veggie
Harvest Chicken Salad with multi-grain bread	9.75 oz	455	12	2	0	46	754	37	5	12	22	celery/onion
Harvest Chicken Salad on Whole Wheat Bagel	10 ozw	455	12	2	0	46	914	68	4	12	26	celery/onion
Tuna Salad with multi-grain bread	10.5 oz	430	12	2	0	25	660	31	4	6	21	celery/onion
Tuna Salad on Whole Wheat Bagel	10.5 oz	430	12	2	0	25	820	62	3	6	25	celery/onion
<b>Snack Bars</b>												
MHealthy Nutrition Guideline	per serving	250 or less										1st 2 ingredients are nuts, seeds, fruits or whole grains.
Kashi TLC Chewy bar-Trail Mix	1.2 oz	140	5	0.5	0	0	105	20	4	6	6	
Kind-Fruit & Nut	1	200	13	1.5	0	0	10	17	3	9	6	
Lara Bar-Apple Pie	1	190	10	1	0	0	5	24	5	18	5	
Lara Bar-Blueberry Muffin	1	190	8	1.5	0	0	5	26	3	17	3	
Lara Bar-Cherry Pie	1	200	8	0.5	0	0	0	30	4	23	5	
Lara Bar Uber-Apple Turnover	1	190	11	1	0	0	125	20	3	15	6	walnuts, dried apples
Pure: Apple Cinnamon	1	190	8	0.5	0	0	10	28	3	20	5	dates, apples
Pure: Cranberry Orange	1	200	8	1	0	0	5	26	3	19	6	dates, cranberries (cranberries, apple juice concentrate, sunflower oil)
<a href="#">The MHealthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-M.</a>												
Nutrition information for some MHealthy menu items that have been modified from the original recipe may vary from the information listed on the Einstein Bros. website.												