

McKinley Cafe-UM Dearborn

MHealthy Approved Menu Items

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
Yogurt												
MHealthy Nutrition Guideline	6 oz. or less	150 or less		2 grams or less								no artificial sweeteners or colors
Dannon Oikos Nonfat Blueberry	5.3 oz	110	0	0	0	0	50	16	0	14	12	
Dannon Oikos Nonfat Strawberry	5.3 oz	110	0	0	0	0	50	15	0	14	12	
Dannon Oikos Triple Zero Non-fat Strawberry Greek	5.3 oz	120	0	0	0	0	65	14	6	6	15	
Dannon Oikos Triple Zero Non-fat Vanilla Greek	5.3 oz	120	0	0	0	0	65	14	6	6	15	
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 Cheddar & Sour Cream	1	100	3	0	0	0	200	17	1	2	1	
Kar's Raisin Almond Cashew Mix	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
Kar's Honey Roasted Cashews*	1 oz	140	11	2	0	0	90	8	1	2	4	nut exception
Kar's Sriracha Peanuts*	1 oz	160	14	2	0	0	130	5	2	1	7	nut exception
Kar's Second Nature--Premium Duet, Cashews & Almonds	2 oz	330	29	3.5	0	0	180	14	4	3	11	nut exception
Kar's Second Nature--Naked Medley	2 oz	250	15	2	0	0	0	28	3	17	7	nut exception

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Kar's Second Nature--Cranberry Almond Delight*	1 oz	150	11	1.5	0	0	65	3	11	8	5	nut exception; cranberries
Kar's Second Nature--All Energy Trail Mix*	1 oz.	140	9	2.5	0	0	0	13	2	8	4	nut exception; raisins, dates, mangos
Kar's Second Nature--Simplicity Medley*	1 oz	140	9	1	0	0	0	14	2	9	4	dried cranberries & blueberries
Kar's Roasted Pistachios	1.5 oz	160	13	1.5	0	0	120	8	3	2	6	nut exception
KAR'S - Nuts - Roasted & Salted*												
Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	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
*These items may contain more than one serving per package. They are MHealthy for one serving.												

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Fruit												
MHealthy Nutrition Guideline	per serving											no added sugar or artificial sweeteners
Fresh mixed fruit cup	8 oz.	110	0	0	0	0	20	27	2	23	1	
Watermelon cup	7.3 ozw	60	0	0	0	0	0	16	1	13	1	
Salad Dressings and Condiments												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)			10% or less			320 mg or less			5 grams or less total		
Hummus	2 ozw.	80	4.5	0.5	0	0	70	7	2	0	3	
Mustard	1 ozw.	0	0	0	0	0	310	6	0	0	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
Grilled Chicken Breast	7.6 oz	330	8	1	0	90	560	26	4	3	39	
Vegetarian Black Bean Burger	9.86 ozw	290	3.5	0.5	0	0	830	52	10	7	13	
Veggie Burger	6 oz	250	6	0.5	0	0	540	34	6	4	16	
Veggie Tweener w/cream cheese (wheat tortilla/no honey dijon)	7.1 oz	250	7	2.5	0	5	470	40	4	7	7	
Veggie Tweener w/hummus (wheat tortilla/no honey dijon)	10.4 oz	410	15	2.5	0	0	560	55	8	6	12	
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	
Dali's Surreal Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Hummus & Fattoush Tweener	7.4 ozw	320	12	2	0	0	630	47	5	5	10	