

| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi 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 | |
| Omelettes/Salad Bar | | | | | | | | | | | | |
| 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 | |
| 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 | |
| Edamame | 1 ozw | 40 | 1 | 0 | 0 | 0 | 25 | 3 | 0 | 1 | 4 | |
| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi m (mg) | Total Carb (g) | Dieta r Fiber (g) | Sugar (g) | Prote in (g) | Other |
| Yogurt | | | | | | | | | | | | |
| MHealthy Nutrition Guideline | 6 oz. or less | 150 or less | | 2 grams or less | | | | | | | | no artificial sweeteners or colors |
| Dannon Oikos Triple Zero Non-fat Strawberry Greek | 5.3 oz | 120 | 0 | 0 | 0 | 0 | 65 mg | 15 g | 6 g | 7g | | |
| Dannon Oikos Triple Zero Non-fat Vanilla Greek | 5.3 oz | 120 | 0 | 0 | 0 | 0 | 65 mg | 15 g | 6g | 7g | | |
| Chobani greek yogurt peach fruit on the bottom (FOB) | 5.3 oz | 120 | 0 | 0 | 0 | 5 | 60 | 19 | 0 | 15 | 12 | |
| Chobani greek yogurt Blueberry (FOB) | 5.3 oz | | | | | | | | | | | |
| Chobani greek yogurt stawberry (FOB) | 5.3 oz | 120 | 0 | 0 | 0 | 5 | 60 | 19 | 0 | 15 | 12 | |
| Chobani Greek yogurt raspberry FOB | | | | | | | | | | | | |
| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi m (mg) | Total Carb (g) | Dieta r Fiber (g) | Sugar (g) | Prote in (g) | Other |
| 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 | |
| Low Fat Granola with Raisins | 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 | |

| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi m (mg) | Total Carb (g) | Dietar y Fiber (g) | Sugar (g) | Prote in (g) | Other |
|---|------------------|--------------|-----------------------|-------------------|----------------------|----------------------|----------------------|----------------------|-----------------------------|-------------------------|-----------------|---|
| Kellogg Raisin Bran | 1.25 oz | 110 | 0.5 | 0 | 0 | 0 | 125 | 27 | 4 | 10 | 3 | |
| <u>Bread Products (bagels, buns, waffles, pancakes, tortillas, croissants, bread, rolls)</u> | | | | | | | | | | | | |
| MHealthy Nutrition Guideline | | | | 10% or less | | | | | 2.5 grams or more | 10% or less added | | 1st ingredient is whole grain |
| Yasmeen Whole Wheat Pita | 1 oz | 80 | 0.5 | 0 | 0 | 0 | 40 | 18 | 3 | 1 | 3 | whole wheat flour |
| Whole Wheat english Muffin | 2 oz | 120 | 1 | 0 | 0 | 0 | 220 | 23 | 3 | 1 | 5 | |
| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi m (mg) | Total Carb (g) | Dietar y Fiber (g) | Sugar (g) | Prote in (g) | Other |
| <u>Baked Goods (muffins, donuts, pastries, scones, biscotti)</u> | | | | | | | | | | | | |
| MHealthy Nutrition Guideline | 2 oz. or less | | | 10% or less | | | | | 2.5 grams or more | 10% or less added | | |
| Lucky Heart Muffin | 3 oz. | 190 | 5 | 0.5 | 0 | 0 | 290 | 36 | 5 | 19 | 6 | exception |
| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi m (mg) | Total Carb (g) | Dietar y Fiber (g) | Sugar (g) | Prote in (g) | Other |
| <u>Chips, Pre-packaged Snacks</u> | | | | | | | | | | | | |
| 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 shaped pretzels | 0.7 oz | 80 | 1.5 | 0 | 0 | 0 | 200 | 1.5 | 2 | 0 | 2 | |
| Rold gold tiny twist Pretzels | .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 | |
| Eagle Popped Crisps BBQ | 1 | 90 | 2.5 | 0 | 0 | 0 | 180 | 17 | 1 | 2 | 1 | |

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|--|---------|-----|------|-----|---|----|-----|----|---|----|---|----------------|
| Eagle Popped Crisps Sour Cream | 1 | 100 | 2.5 | 0 | 0 | 0 | 160 | 17 | 1 | 1 | 1 | |
| 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 |
| NBTF Strawberry fruit snack | 0.9 oz | 100 | 0 | 0 | 0 | 0 | 10 | 24 | 2 | 21 | 1 | No added sugar |
| 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 |
| Beef Sausage Snack Stick | .5 oz | 30 | 1 | 0 | 0 | 3 | 190 | 0 | 0 | 0 | 4 | |
| Go Lite Sweet Maui & onion | 25g | 100 | 2.5 | 0 | 0 | 0 | 160 | 20 | 1 | 3 | 0 | |
| 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 | |
| Go Bitos Tangy Ranch | 28g | 102 | 1.5 | 0 | 0 | 0 | 190 | 17 | 5 | 2 | 5 | |
| Go Bitos Tangy Thai Chili | 28g | 110 | 1.5 | 0 | 0 | 0 | 190 | 18 | 5 | 2 | 5 | |
| Go Bitos White Cheddar | 28 g | 110 | 1.5 | 0 | 0 | 0 | 170 | 18 | 7 | 2 | 5 | |

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

| Menu Item | Servin g | Calori es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg) | Sodi um (mg) | Total Carb (g) | Dieta ry Fiber (g) | Sugar (g) | Prote in (g) | Other |
|----------------------------------|----------|-------------|---------------|-------------|----------------|-------------|--------------|--|--------------------|-----------|--------------|--|
| 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 |
| 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 |

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|---|-----------------|------------------|----------------------|--------------------|-----------------------|--------------------|---------------------|-----------------------|---------------------------|------------------|---------------------|--|
| 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 |
| 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 |

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 | |
| Pear | 5.8 ozw | 100 | 0 | 0 | 0 | 0 | 0 | 26 | 6 | 16 | 1 | |
| Plum | 2.3 oz | 30 | 0 | 0 | 0 | 0 | 0 | 8 | 1 | 7 | 0 | |
| Fresh mixed fruit cup | 8 oz. | 110 | 0 | 0 | 0 | 0 | 20 | 27 | 2 | 23 | 1 | |
| Pineapple Cup | 8 ozw. | 110 | 0 | 0 | 0 | 0 | 0 | 30 | 3 | 22 | 1 | |
| Watermelon cup | 7.3 ozw | 60 | 0 | 0 | 0 | 0 | 0 | 16 | 1 | 13 | 1 | |
| Raisins (salad bar) | 0.5 ozw | 40 | 0 | 0 | 0 | 0 | 0 | 11 | 1 | 8 | 0 | |
| Yogurt bar | | | | | | | | | | | | |
| mandarin oranges (in juice) | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 2 | 0 | |
| canned peaches (in juice) | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 3 | 0 | |
| blackberries | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 1 | 0 | |
| raspberries | 1 ozw | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 1 | 0 | |
| watermelon | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | |
| cantaloupe | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | |
| honeydew melon | 1 ozw | 10 | 0 | 0 | 0 | 0 | 5 | 3 | 0 | 2 | 0 | |
| strawberries | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 0 | |
| blueberries | 1 ozw | 15 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 3 | 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 |

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 | |
| Tuna Salad Cup | 4 oz | 100 | 3.5 | 0.5 | 0 | 25 | 90 | 5 | 1 | 2 | 11 | |
| Baked Potato Bar-MHealthy Choice | 14.8 | 320 | 6 | 1 | 0 | 5 | 560 | 57 | 9 | 7 | 11 | |
| Bistro Chicken w/Risotto | 13.9 | 380 | 7 | 2 | 0 | 85 | 770 | 40 | 4 | 7 | 37 | |
| Chicken Berry Salad | 12.9 | 280 | 4 | 1 | 0 | 70 | 650 | 31 | 7 | 23 | 29 | |
| Chicken Cacciatore | 8 oz. | 320 | 3.5 | 0.5 | 0 | 30 | 250 | 48 | 2 | 6 | 20 | |
| Chicken Marsala | 14 oz | 430 | 14 | 3 | 0 | 80 | 115 | 34 | 5 | 7 | 34 | |

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|---|---------|-----|-----|-----|----|-----|-----|----|-----|----|----|--|
| Chicken Piccata w/Rice Pilaf & Veg | 13.4 | 340 | 13 | 2.5 | 0 | 80 | 560 | 19 | 2 | 4 | 32 | |
| 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 | |
| Grilled Lemon Chicken w/Tabbouleh | 8oz | 330 | 9 | 1.5 | na | 65 | 500 | 32 | 8 | na | 32 | |
| Harvest Grilled Chicken Breast w/Apple Slaw & Orzo | 8.3 oz | 390 | 5 | 1.5 | 0 | 80 | 85 | 48 | 4 | 12 | 36 | |
| Hudson Valley Grilled Chicken Breast w/Apple Slaw Couscous | 8.3 oz | 390 | 5 | 1 | 0 | 80 | 85 | 49 | 5 | 11 | 26 | |
| Hummus Pita and Veggies | 8.46 oz | 400 | 14 | 2 | 0 | 0 | 660 | 56 | 7 | 6 | 13 | |
| Lemon Bean Salad with Mahi Mahi | 12.3 oz | 290 | 11 | 1.5 | 0 | 20 | 570 | 35 | 9 | 3 | 17 | |
| Lemon Pepper Baked Tilapia w/Red Skin Potatoes & Vegetables | 12.6 oz | 360 | 13 | 2.5 | 0 | 100 | 90 | 29 | 4 | 4 | 34 | |
| Louisiana Shrimp Pasta | 12.4 oz | 450 | 9 | 4 | 0 | 200 | 940 | 58 | 3 | 11 | 33 | |
| Marinated Veggie Salad | 16 oz | 210 | 7 | 0.5 | 0 | 0 | 430 | 33 | 11 | 13 | 9 | |
| Pepper Steak w/Rice | 20 oz | 440 | 5 | 2 | 0 | 70 | 770 | 63 | 5 | 9 | 33 | |
| Roasted Turkey Breast w/Stuffing Corn | 10.4 oz | 340 | 2.5 | 0 | 0 | 80 | 280 | 42 | 4 | 6 | 36 | |
| Roasted Turkey Breast w/Stuffing and Vegetables | 10.3 oz | 300 | 7 | 1 | 0 | 80 | 290 | 25 | 4 | 4 | 36 | |
| Roasted Pork Loin with Potatoes and Veggies | 11.5 oz | 350 | 13 | 2.5 | 0 | 70 | 90 | 28 | 4 | 4 | 31 | |
| Sag Tofu & Moonj Dal Thali (Earthen) | 16 oz | 400 | 20 | 2 | 0 | 0 | 370 | 42 | 6 | 2 | 16 | |
| Salmon and Gazpacho Relish Asparagus | 17.9 oz | 480 | 16 | 2.5 | 0 | 90 | 150 | 43 | 7 | 5 | 40 | |
| Savi Beans, Scrambled Tofu & Alu Thali (Earthen) | 16 oz | 269 | 9 | 1 | 0 | 0 | 615 | 38 | 10 | 5 | 15 | |
| Sizzlin Salad (no dressing) | 11.9 oz | 280 | 11 | 2 | 0 | 90 | 390 | 11 | 6 | 4 | 37 | |
| Soy Glazed Mahi Mahi w/Sticky Rice & Veg | 15.6 oz | 400 | 6 | 1 | 0 | 85 | 350 | 58 | 5 | 14 | 28 | |
| Stir Fry No Sauce | 9.4 oz | 350 | 1.5 | 0 | 0 | 80 | 330 | 30 | 3 | 3 | 33 | |
| Stir Fry w/Sweet and Sour Sauce | 10.4 oz | 380 | 10 | 1.5 | 0 | 80 | 520 | 39 | 3 | 10 | 33 | |
| Stir Fry w/Szechuan Sauce | 10.4 oz | 390 | 12 | 1.5 | 0 | 80 | 710 | 36 | 3 | 6 | 34 | |
| Stir Fry w/Teriyaki Sauce | 10.4 oz | 400 | 11 | 1.5 | 0 | 80 | 650 | 39 | 3 | 10 | 34 | |
| Taco Tuesday | 12.4 oz | 410 | 10 | 3.5 | 0 | 15 | 870 | 66 | 7 | 6 | 14 | |
| Turkey Piccata w/Rice and Vegetables | 10 oz | 280 | 10 | 2.5 | na | 40 | 420 | 26 | 2.5 | na | 24 | |
| Turkey Tetrazzini | 11 oz | 370 | 2.5 | 0.5 | 0 | 60 | 170 | 52 | 2 | 9 | 32 | |
| Winter Quinoa Salad w/Chicken | 6.4 oz | 220 | 6 | 1 | 0 | 70 | 230 | 11 | 2 | 1 | 28 | |
| 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 | |
| Pot Roast with potatoes and carrots | 10 oz | 260 | 8 | 3 | 0 | 30 | 180 | 33 | 5 | 7 | 13 | |
| Chicken Milanese w/Arugula & creamy parmesan dressing | 11 oz | 270 | 7 | 2 | 0 | 85 | 160 | 18 | 3 | 3 | 34 | |

Nick's Cafe

| 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 |
|---|--------------------------|----------------|---------------------|-------------------|----------------------|----------------------|-------------------------------|----------------------|-----------------------------|-----------------------------------|--------------------------|--------------------------------|
| 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 | |
| <u>Oatmeal/Salad Bars</u> | | | | | | | | | | | | |
| 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 | |
| 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 |
| 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 oz | 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 | |
| Fat Free Italian Pkt | 1.5 oz | 20 | 0 | 0 | 0 | 0 | 440 | 3 | 0 | 2 | 0 | |
| Ketchup | 1oz | 40 | 0 | 0 | 0 | 0 | 320 | 0 | 0 | 4 | 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 |
| 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 | |
| Ben's Boston Bibb Lettuce Wrap | 10.5 | 190 | 7 | 1.5 | 0 | 105 | 160 | 9 | 2 | 5 | 23 | |
| Chicken Salad Tweener (wheat tortilla) | 10.2 oz | 460 | 12 | 2.5 | 0 | 105 | 520 | 44 | 4 | 11 | 43 | |
| Ni's 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 | |

Nick's Cafe

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|---|-----------------|------------------|----------------------|----------------------|-----------------------|--------------------|----------------------------|-----------------------|---------------------------|------------------|---------------------|--------------------------|
| Dali's Surreal 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 Pita Pocket | 6 oz | 170 | 6 | 1.5 | 0 | 120 | 220 | 21 | 3 | 3 | 12 | |
| Egg Salad Tweener (wheat tortilla) | 7.8 oz | 310 | 11 | 2.5 | 0 | 135 | 590 | 38 | 4 | 5 | 15 | |
| Egg White Breakfast SW | 5.3 oz | 130 | 1.5 | 0 | 0 | 0 | 15 | 26 | 4 | 4 | 7 | |
| Egg White Breakfast Burrito | 6.4 oz | 250 | 5 | 1 | 0 | 0 | 470 | 40 | 5 | 5 | 11 | |
| Grilled Chicken Breast | 7.6 oz | 330 | 8 | 1 | 0 | 90 | 560 | 26 | 4 | 3 | 39 | |
| Hummus & Fattoush Tweener | 7.4 oz | 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 | |
| Portabello Pita Pocket | 9.58 oz | 310 | 6 | 1 | 0 | 0 | 560 | 56 | 4 | 14 | 10 | |
| Tuna Salad on whole grain | 9.1 oz | 410 | 11 | 1 | 0 | 50 | 480 | 50 | 7 | 12 | 34 | |
| Tuna Salad Pita Pocket | 5.8 oz | 210 | 6 | 1 | 0 | 40 | 120 | 21 | 3 | 3 | 20 | |
| 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 Burger | 6 oz | 250 | 6 | 0.5 | 0 | 0 | 540 | 34 | 6 | 4 | 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 | |
| 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 |
| | | | | | | | | | | | | |
| 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 |
| 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 | |

Nick's Cafe

| | | | | | | | | | | | | |
|-----------------------------------|----------|-----------|---------------|-------------|----------------|-------------|--------------|----------------|--------------------|-----------|--------------|-------|
| 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 | |
| Vegatable Orzo Soup | 8 ozv | 70 | 2.5 | 0 | 0 | 0 | 230 | 9 | 1 | 3 | 3 | |
| 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 |

Vegetables

| | per serving | | | 10% or less calories | | | 480 mg or less | | | | | |
|---------------------------------|-------------|----|-----|----------------------|---|---|----------------|----|---|---|---|--|
| MHealthy Nutrition Guideline | | | | | | | | | | | | |
| 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 | |
| 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 | |
| Green Olives | .5ozw | 20 | 2 | 0 | 0 | 0 | 240 | 1 | 0 | 0 | 0 | |
| Lettuce, Boston Bibb (3 leaves) | 1.6 ozw | 5 | 0 | 0 | 0 | 0 | 0 | 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 | |
| Salad and/or Omelet Bar | | | | | | | | | | | | |
| Artichoke Hearts | 1ozw | 10 | 0 | 0 | 0 | 0 | 70 | 2 | 0 | 0 | 1 | |
| Beets | 1 ozw | 10 | 0 | 0 | 0 | 0 | 20 | 3 | 1 | 2 | 0 | |
| Banana Peppers | 1 ozw | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 0 | |
| Cauliflower | 1 ozw | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 1 | |
| Jalapenos (jarred) | 1 ozw | 5 | 0 | 0 | 0 | 0 | 280 | 1 | 1 | 0 | 0 | |
| Peas | 1 ozw | 20 | 0 | 0 | 0 | 0 | 30 | 4 | 1 | 1 | 1 | |
| Pan seared green beans | 1.8 oz | 30 | 1.5 | 0 | 0 | 0 | 140 | 4 | 1 | 2 | 1 | |
| Veggie Sticks with ranch cup | 6.9 oz | 60 | 0 | 0 | 0 | 0 | 360 | 14 | 3 | 6 | 1 | |

| 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 |
|-----------|----------|-----------|---------------|-------------|----------------|-------------|--------------|----------------|--------------------|-----------|--------------|-------|
|-----------|----------|-----------|---------------|-------------|----------------|-------------|--------------|----------------|--------------------|-----------|--------------|-------|

SIDES

| | | 250 or less | 10% or less | | | | 480 or less | | | | | Contains whole grains and/or veggies |
|--------------------------------|--------|-------------|-------------|-----|---|---|-------------|----|---|---|---|--------------------------------------|
| MHealthy Nutrition Guideline | | | | | | | | | | | | |
| Garden Salad (no dressing) | 9.2 oz | 50 | 0.5 | 0 | 0 | 0 | 40 | 10 | 4 | 5 | 3 | |
| Hummus with Veggies | 7.8 oz | 130 | 5 | 0.5 | 0 | 0 | 170 | 16 | 5 | 4 | 4 | |
| 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 | |
| Steamed Vegetables | | | | | | | | | | | | |