

Menu Item	Svg Size	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>Sides</b>												
MHealthy Nutrition Guideline	Per Serving	<=250 calories		<= 10% of cals from sat fat			<=480 mg sodium					Must contain whole grains and /or vegetable
Steamed Brown Rice	10 oz	420	4	1	0	0	15	87	4	1	9	
<b>Panda Bowls (1 entrée and 1 side)</b>												
Mixed Veggies and White Rice	16.5 oz	460	0.5	0	0	0	540	93	3	2	9	
Mixed Veggies and Chicken Egg Roll	11.3 oz	280	15	2.5	0	20	880	36	7	7	10	
Steamed White Rice/Mixed Veggies and Broccoli Beef	10 oz	345	4	0.5	0	10	920	63	6	5	14.5	
Steamed White Rice/ Mixed Veggies and Chicken Egg Roll	8.75 oz	425	12	4	0	20	650	66	5	4	13.5	
Steamed White Rice/Mixed Veggies & Cream Cheese Rangoon	8 oz	415	8	5	0	35	440	74	5	3	10.5	
<b>Single Entrée</b>												
Broccoli Beef	5.4 oz	150	7	1.5	0	10	520	13	3	3	9	
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<b>Salad Dressings &amp; Condiments</b>												
MHealthy Nutrition Guideline	Per 2 Tbsp (1 oz)			<= 10% of calories from sat fat			<=320 mg sodium			<= 5 g total sugar		
Chili Sauce	1 packet	10	0	0	0	0	125	2	0	2	0	
Hot Mustard Sauce	1 packet	10	1	0	0	0	115	0	0	0	0	
Mandarin Sauce	1 oz	89	0	0	0	0	188	22	22	0	0	
Plum Sauce	1 packet	15	0	0	0	0	55	3	0	3	0	
Pot Sticker Sauce	1 packet	10	0	0	0	0	290	3	0	2	0	
MHealthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-M.												