

Item	Serving size	Total Calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Grab n Go											
Baked Ruffles - Cheddar & sour cream	28 g	120	3.5	0.5	0	0	250	22	1	2	2
Cheerios	28g	100	2	0.5	0	0	140	20	3	1	3
Chex mix - original	1/2 cup	120	3.5	0.5	0	0	220	22	1	2	2
Chex mix - Bold	1/2 cup	120	3.5	0.5	0	0	210	22	1	2	2
Chobani yogurt - raspberry	5.3 oz.	120	0	0	0	5	50	18	<1	16	12
Chobani yogurt - blueberry	5.3 oz.	120	0	0	0	5	50	18	1	15	12
Chobani yogurt - strawberry	5.3 oz.	120	0	0	0	5	50	18	<1	15	12
Fat free fig newtons	29 g	100	0	0	0	0	90	23	1	14	1
Goldfish - cheddar	1.05 oz.	140	5	1	0	10	250	20	<1	0	3
Kar's raisin almond cashew	1/4 cup	120	6	0.5	0	0	0	16	1	10	3
Kar's roasted salted almonds	1/4 cup	170	15	1	0	95	6	3	1	6	
Kar's roasted salted peanuts	1/4 cup	160	15	2.5	0	0	90	4	2	1	8
Kar's roasted salted pistachios	1 oz. (w/out shells)	160	13	1.5	0	0	120	8	3	2	6
Kar's Sunflower kernels	1 oz.	170	15	2	0	0	115	6	3	1	6
Kar's unsalted cashews	1/4 cup	160	13	2.5	0	0	0	8	1	2	5
Kind bar - Chia pressed bar - Mango/apple	1 bar (35g)	130	0.5	0	0	0	70	31	3	21	1
Kind bar - Chia pressed bar - Pineapple/banana/kale/spinach	1 bar (35g)	110	0	0	0	0	45	27	2.5	18	1

MHealthy Approved Items Get Away 'n Play Cafe October 2019

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Kind bar - Chia pressed bar - strawberry/apple	1 bar (35g)	110	0.5	0	0	0	0	25	4	19	1
Kind bar - fruit & nut	1 bar (40g)	200	13	1.5	0	0	15	17	3	7	6
Kind bar - Madagascar Vanilla Almond	1 bar (40g)	210	16	1.5	0	0	15	14	6	4	7
Kind bar - Maple glazed pecan & sea salt	1 bar (40g)	210	17	1.5	0	0	140	13	5	5	5
Kind bar - Dark chocolate & sea salt	1 bar (40g)	200	15	3	0	0	140	16	7	5	6
Kind bar - Honey roasted nuts & sea salt	1 bar (40g)	200	15	2	0	0	135	15	4	5	6
Lara bar - Apple pie	1 bar (45g)	190	10	1	0	0	5	24	5	18	4
Lara bar - chocolate peanut butter	1 bar (45g)	220	11	3	0	0	60	26	3	19	6
Oven baked Lays - BBQ	28 g	120	3.5	0.5	0	0	160	22	1	3	
Oven baked Lays - Original	28 g	120	3.5	0	0	0	160	22	1	2	
Oven baked Lays - Sour cream & onion	28 g	120	3.5	0.5	0	0	170	21	1	3	
Popcorners - Salt of the Earth	1 oz.	110	2.5	0	0	0	190	20	0	0	2
Popcorners - Cheesy Jalapeno	1 oz.	130	5	0.5	0	0	140	18	0	1	2
Popcorners - White Cheddar	1 oz.	130	6	0.5	0	0	170	17	0	2	2
Popcorners - Kettle	1 oz.	120	4	0	0	0	110	19	0	3	2

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Pure - Ancient grain - Chocolate chunk nut	1 bar (35g)	160	9	1.5	0	0	45	17	2	8	5
Pure - Ancient grain - peanut butter chocolate	1 bar (35g)	160	9	1.5	0	0	65	17	2	8	5
Quaker Popped rice crisps - cheddar cheese	18 mini cakes (30g)	140	5	0.5	0	0	400	21	1	1	2
Reduced fat Doritos - Cool ranch	1 oz.	130	5	1	0	0	160	19	2	1	2
Reduced fat Doritos - Nacho cheese	1 oz.	130	5	0.5	0	0	200	20	2	0	2
Snyder's mini pretzels	30g	110	0	0	0	0	250	25	<1	<1	3
That's it bar - Apple & Blueberry	1 bar (35g)	100	0	0	0	0	25	26	4	19	1
Total Cereal - Whole Grain	43 g	150	1	0	0	0	200	36	4	7	4
Valued Naturals - Cranberry trail	1/4 cup	130	8	1	0	0	40	13	2	8	4
Valued Naturals - Dried apricots	40 g	100	2	0	0	0	10	29	4	5	1
Valued Naturals - Fire roasted Pumpkin seeds with sea salt	30 g	160	13	3	0	0	15	2	0	1	8
Valued Naturals - Survival snack mix	1/4 cup	220	6	1	0	0	55	23	6	6	7
Valued Naturals - Tropical mix	30 g	180	9	4	0	0	45	23	3	14	3

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Whole fruit - Apples	1 each	95	0.3	0	0	0	2	25	4.4	19	0.5
Whole fruit - bananas	1 each	105	0.4	0	0	0	1	27	3.1	14	1.3
Whole fruit - Oranges	1 each	69	0.2	0	0	0	1	18	3.1	12	1.3
Whole fruit - Pears	1 each	102	0.2	0	0	0	2	27	6	17	0.6
Whole Grain Wheat Thins	16 pieces	140	5	0.5	0	0	200	22	3	5	2
Boom Chicka Pop Sea Salt	1 package	170	9	1	0	0	160	24	5	0	4
Hummus Bistro Box	8.4 oz	370	22	3	0	0	740	37	8	12	8
Cottage Cheese Peach	5.3 oz	120	1.5	1	0	10	320	12	0	10	16
Cottage Cheese Strawberry	5.3 oz	120	1.5	1	0	10	320	12	0	10	16
Cottage Cheese Blueberry	5.3 oz	120	1.5	1	0	10	320	13	0	10	16
Chobani Strawberry Banana	5.3 oz	140	4	2.5	0	25	95	18	0	15	10
Chobani Mixed Berry	5.3 oz	150	4	2.5	0	20	95	18	0	15	10
Carrots and Celery with Dip	6 oz	94	5	1	0	10	307	11	3	7	0
Fruit Medley	7 oz	79	0	0	0	0	28	20	0	16	0
Red Grapes	4 oz	77.2	0	0	0	0	2.4	20.4	1.2	17.2	0.8
Dilly Bites	1 oz	0	0	0	0	0	320	0	0	0	0
Kar's salted cashews	1 oz	160	13	2.5	13	0	85	9	1	2	5
Boom Chicka Pop Kettle Corn	2 cups	140	8	0.5	0	0	110	18	2	8	1
GoGo Squeez Apple	1 pouch	70	0	0	0	0	0	16	3	13	0
GoGo Squeez Apple Cinnamon	1 pouch	70	0	0	0	0	0	16	3	13	0
Breakfast											
Egg - served individually	1 egg	80	5	2	0	210	140	1	0	1	6

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Oatmeal	12 oz.	220	4	1	0	0	5	41	6	1	8
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0
Diced ham	1 oz.	35	1.5	0.5	0	12.5	315	0.5	0	0.5	5
Diced turkey	1 oz.	14	0.25	0	0	5	120	0.5	0	0.25	2.3
Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0
Spinach	1 ozw	5	0	0	0	0	20	1	1	0	1
Bell peppers	1 ozw	5	0	0	0	0	0	1	0	1	0
Onion	1 oz.	190	0	0	0	0	20	45	8	20	5
Broccoli	1 oz.	160	2	0	0	0	190	33	15	6	11
Mushrooms	1 ozw	5	0	0	0	0	0	1	0	1	1
Scrambled eggs	4 oz.	140	9	3	0	365	310	<1	0	0	12
Egg whites	6 oz.	90	0	0	0	0	280	1	0	1	19
Homefries/hashbrowns	6 oz.	147	0	0	0	0	63	34	4	0	2
MH Omelet	10 oz.	118	0.6	0.1	0	0	309	7	2	4	21
MHealthy Scrambler	9 oz.	475	3.5	0.5	0	12.5	805	7	2	4	21
Salsa	2 oz	10	0	0	0	0	170	2	1	1	0
Yogurt Parfait Bar											
Blueberries	1 ozw	15	0	0	0	0	0	4	1	3	0
Cottage cheese	3.5 ozw	60	1	1	0	10	340	5	0	4	10
Dannon lowfat plain yogurt	150 g	130	2	1.5	0	10	90	21	0	22	7
Dannon plain greek yogurt	5.3 oz	80	0	0	<5	60	6	0	0	6	15
Hard boiled eggs	1 large	80	5	2	0	210	140	1	0	1	6

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Pineapple	1 ozw	15	0	0	0	0	0	4	0	3	0
Honey dew	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
Grapes	1 ozw	20	0	0	0	0	0	5	0	4	0
Grill - Lunch											
Grilled Chicken	5 oz.	140	3.5	1	0	70	230	0	0	0	27
Black bean burger	3.4 oz.	110	3	0	0	0	730	16	8	1	11
Turkey burger pattie	5.3 oz.	320	22	6	0	135	480	0	0	0	27
Chicken tenders	5.9 oz. (3 pieces)	379	16	3	0	74	941	28	1.5	0	29
Farmhouse Chicken sandwich	1 each (7.6 oz)	380	12	2.5	0	75	650	37	3	10	33
Earthen Jar Grab n Go											
Dal Moong Wash	3 oz.	169	6.9	0.6	0	0	186	21.6	5	0.6	5.1
Marinated vegetable salad	16 oz.	207	7.1	0.5	0	0	433	32.6	11.3	13.4	8.8
Sushi Kabar											
California dragon roll	272	360	13	2	0	5	800	56	6	7	7
Cooked smoked salmon	173	240	4.5	1	0	15	650	40	0	5	9
Cooked smoked salmon with brown rice	223	290	7	1	0	20	520	50	4	4	11
Eel roll	173	270	8	1.5	0	40	750	43	1	7	9
Michigan jalapeno roll	173	230	2.5	0	0	20	550	38	1	5	11

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Michigan jalapeno roll with brown rice	242	320	6	0	0	25	440	52	5	4	16
Red Dragon roll	244	270	4.5	0	0	55	670	45	0	5	26
Sliced avocado roll	173	190	8	1.5	0	0	310	30	5	14	2
Spicy salmon roll	173	290	10	2	0	20	610	39	1	5	10
Spicy salmon roll with brown rice	173	280	11	2	0	20	380	38	3	2	10
Tekamaki roll	166	220	5	0	0	65	690	42	0	5	10
Teriyaki chicken roll with brown rice	369	500	13	2.5	0	105	1830	66	3	21	27
Vegetable roll with brown rice	173	210	4	0	0	0	370	43	4	3	4
Volcano roll	216	310	8	1.5	0	35	900	40	0	6	16
Salad Dressing & Condiments											
Peanut butter	0.75 oz.	120	11	2	0	0	100	5	2	2	4
Balsamic Vinaigrette	1 oz.	60	5	0.5	0	0	190	4	0	4	0
Olive Oil blend	1 oz.	270	30	0	0	0	0	0	0	0	0
Red wine vinegar	1 oz.	0	0	0	0	0	0	0	0	0	0
Sugar Free Syrup	1.1 oz.	10	0	0	0	0	75	4	0	0	0
Salad Bar											
Chicken breast strips	1 oz.	60	2.5	0.5	0	25	25	0	0	0	9
Cucumbers	1 oz.	5	0	0	0	0	0	1	0	0	0
Hard boiled egg - chopped	1 large	80	5	2	0	210	140	1	0	1	6

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Grape tomatoes	1 oz.	5	0	0	0	0	1.5	1	0	1	0
Green Peppers	1 oz.	4	0	0	0	0	0	1	0	1	0
Mushrooms	1 oz.	6	0	0	0	0	0	2	0	1	1
Raisins	0.5 oz	40	0	0	0	0	0	11	1	8	0
Red onion	1 oz.	11	0	0	0	0	0	3	0	1	0
Spinach	1 oz.	5	0	0	0	0	23	1	1	0	1
Spring Mix	1 oz.	9	0	0	0	0	12	2	1	0	0
Sunflower seeds	1 oz.	170	15	2	0	0	115	6	1	0	3
Soup											
Saltines	6g	28	<1	0	0	0	78	2	0		<1
Wheat crackers	7g	35	1	0	0	0	60	5	1	1	1
Sweet Tomato Soup	12 fl oz (351 g)	140	3	0	0	0	590	25	3	14	3
Three Onion Soup	12 fl oz (351 g)	130	3	0	0	0	390	19	2	8	4
Black Bean Soup	12 fl oz (362 g)	310	6	1	0	0	560	48	18	4	17
Spicy Lentil & Kale Soup	12 fl oz (351 g)	120	3	0	0	0	310	19	5	5	5
Turkey Chili	12 fl oz (361 g)	300	9	2.5	0	40	610	35	8	12	24
Lemon Garlic Chicken Soup	12 fl oz (351 g)	240	11	2.5	0	105	640	16	2	2	19

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Chipotle Chicken Tortilla Soup	12 fl oz (361 g)	200	7	1	0	20	590	25	5	4	12