

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
<b>Animal and Plant-based Proteins</b>												
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	
<u>Salad Bar</u>												
Garbonzo Beans	1 oz	20	0	0	0	0	39	4	1	0	1	
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	
Edamame	1 ozw	40	1	0	0	0	25	3	0	1	4	
Marinated Chicken	3.5 oz	170	5	1	0	80	32	1	1	0	29	
Scrambled Eggs	2 oz.	80	6	1.5	0	145	75	1	0	1	5	
<b>Yogurt</b>												
MHealthy Nutrition Guideline	6 oz. or less	150 or less		2 gram s or less								no artificial sweeteners or colors
Dannon Oikos Triple Zero Non-fat Strawberry Greek	5.3 oz	120	0	0	0	0	65	15	6	7	15	

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Dannon Oikos Triple Zero Non-fat Vanilla Greek	5.3 oz	120	0	0	0	0	65	15	6	7	15	
Chobani greek yogurt peach fruit on the bottom	5.3 oz	120	0	0	0	5	50	17	0	15	12	
Chobani greek yogurt Blueberry fruit on the bottom	5.3 oz	120	0	0	0	5	50	18	1	15	12	
Chobani greek yogurt stawberry fruit on the bottom	5.3 oz	120	0	0	0	5	60	19	0	15	12	
Chobani greek yogurt raspberry fruit on the bottom	5.3 oz	120	0	0	0	5	50	18	0	16	12	
<b><u>Cereals</u></b>												
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	
Oatmeal	8 ozw	130	2.5	0	0	0	0	25	4	0	5	
Kashi Heart to Heart Cereal	1.4 Oz	140	2	0	0	0	100	31	5	7	12	
Kellogg Raisin Bran	1.25 oz	110	0.5	0	0	0	120	28	4	10	3	whole grain wheat; 5 g added sugar
<b><u>Chips, Pre-packaged Snacks</u></b>												

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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	.8 oz	100	2.5	0	0	0	200	17	1	2	1	1g added sugar
Baked Lays-Original	1.13 oz	140	4	0.5	0	0	180	24	2	3	2	2g added sugars
Baked Lays-Sour Cream & Onion	1.13 oz	140	3.5	0.5	0	0	190	24	2	3	2	2g added sugars
Baked Tostitos Scoops Tortilla Chips	.88 oz	110	2.5	0	0	0	125	19	1	0	2	
Cheetos Baked Crunchy cheese snacks	.88 oz	120	4.5	1	0	0	200	16	1	1	2	
Chex Hot N'Spicy Mix	.92 oz	110	2.5	0.5	0	0	140	19	1	2	2	
Doritos cool ranch tortilla chips	1 oz	130	5	0.5	0	0	150	20	2	0	2	
Frito Lay Munchies Snack Mix	.88 oz	110	3.5	0	0	0	180	17	2	2	2	
Goldfish Cheddar Crackers whole grain	0.75	100	4	0.5	0	0	170	14	1	0	2	
Good Natured Baked Vegetable Crisps--Ranch	1	120	2	0	0	0	190	22	2	3	2	
Kar's 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
Kar's Roasted & Salted Almonds	1 oz	170	16	1	0	0	95	6	3	1	6	nut exception

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Kar's Roasted & Salted Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	nut exception
Kar's Roasted & Salted Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	nut exception
Kar's Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6	seed exception
Kars roasted salted Sunflower seeds	1oz	170	15	2	0	0	115	6	2	1	6	seed exception
Kar's Unsalted Almonds, Natural	1 oz	160	14	1	0	0	0	6	3	1	6	nut exception
Kar's Unsalted Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
Quaker Popped Rice Crisps-Cheddar	.67oz	90	3	0	0	0	220	13	0	0	1	
Rold Gold Heart shaped pretzels	0.7 oz	80	1.5	0	0	0	200	1.5	2	0	2	
Wheat Crackers	1 oz.	35	1	0	0	0	60	5	0	0	0	
Saltine Crackers	1 oz	80	1	0	0	0	150	14	0	0	1	
*These items may contain more than one serving per package. They are MHealthy for one serving.												
<b>Snack Bars</b>												
MHealthy Nutrition Guideline		250 or less							no added supplements, vitamins or minerals			1st 2 ingredients must be nuts, seeds, whole fruit or whole grains
Clif Organic Trail Mix bar: Cranberry Almond	1	180	9	1	0	0	110	22	4	11	5	
Kind-Fruit & Nut	1	200	13	1.5	0	0	15	17	3	7	6	Peanuts, Almonds



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<b>Daily Main Dish</b>												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			no more than 1000 mg				7 gram s 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	
Chili	8 oz	210	5	1.5	0	20	810	28	9	5	15	
Earthen Jar: Alu Mattar	10 oz	250	1	0	0	0	370	56	6	0	7	
Earthen Jar: Bhaigan Alu	10 oz	480	22	2	n/a	0	830	66	6	0	7	
Earthen Jar Marinated Veggie Salad	16 oz	180	5	1	0	0	460	30	13	11	11	
Earthen Jar Power Salad	16 oz	430	14	1	0	0	890	63	17	17	18	
Earthen Jar Shahi Korma & Channa Thali	16 oz.	500	16	4.5	0	15	400	77	14	14	18	
Earthen Jar: Sag dal	10 oz	440	15	1	n/a	0	805	64	10	0	13	
Earthen Jar Sag Tofu & Moonj Dal Thali	16 oz	400	20	2	0	0	370	42	6	2	16	
Earthen Jar Savi Beans, Scrambled Tofu & Alu Thali	16 oz	269	9	1	0	0	615	38	10	5	15	
Egg White Omelet	8 oz	90	0	0	0	0	150	10	3	4	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	

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Chicken Marsala	14 oz	430	14	3	0	80	115	34	5	7	34	
Chicken Piccata w/Rice Pilaf & Veg	13.4	340	13	2.5	0	80	560	19	2	4	32	
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	
Kale Waldorf Salad	7.8 oz	300	14	1.5	0	0	25	39	5	30	9	
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	
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	
Salmon and Gazpacho Relish Asparagus	17.9 oz	480	16	2.5	0	90	150	43	7	5	40	

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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	
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	
<b><u>Healthy Fats (olive oil, nuts, seeds, nut &amp; seed butters, avocado, whole olives)</u></b>												
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	



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Walnuts	0.5 ozw	90	9	1	0	0	0	2	1	0	2	
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	
Avocado	1 ozw	45	4	1	0	0	2	2	2	0	1	
<b><u>Salad Dressings and Condiments</u></b>												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)			10% or less			320 mg or less			5 grams or less total		
Balsamic Vinaigrette	1 oz	90	9	1	0	0	15	2	0	2	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	
Hummus	2 ozw.	80	4.5	0.5	0	0	70	7	2	0	3	
Ketchup	1oz	40	0	0	0	0	320	0	0	4	0	
Low calorie lite mayo	15 g	25	1	0	0	15	55	4	0	1	0	
Mustard	0.5 ozw.	0	0	0	0	0	140	3	0	0	0	
<b><u>Sandwiches</u></b>												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			no more than 1000 mg				7 gram s or more	includes fruit or vegetable
Avocado Veggie with cream cheese Tweener (wheat tortilla)	7.3 ozw	270	9	2.5	0	5	470	41	5	7	8	

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Avocado Veggie with Hummus Tweener (wheat tortilla)	8.7 oz	340	12	2	0	0	480	48	7	6	9	
Chicken Gyro	10.5 oz	440	9	2	0	120	590	46	1	5	43	
Chicken Salad Tweener (wheat tortilla)	10.2 oz	460	12	2.5	0	105	520	44	4	11	43	
Chicken Salad on Whole Grain	11 oz	500	11	1.5	0	105	510	56	7	18	50	
Chicken Salad Pita Pocket	5.8 oz	220	4	1	0	55	115	23	3	5	23	
Classic Ham on Rye	7.3 oz	300	5	1.5	0	40	910	41	3	2	21	
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	
Dali's Surreal Veggie Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Da Vinci's Bacon Turkey on Ciabatta	8.3 oz	290	5	1.5	0	50	850	39	2	3	28	
Egg Salad Pita Pocket	6 oz	170	6	1.5	0	120	220	21	3	3	12	
Egg Salad on whole grain	8.1 oz	340	9	1.5	0	115	550	49	7	12	21	
Egg Salad Tweener (wheat tortilla)	7.8 oz	310	11	2.5	0	135	590	38	4	5	15	
Egg White Breakfast SW Wheat English Muffin	5.3 oz	130	1.5	0	0	0	15	26	4	4	7	spinach tomato
Egg Breakfast SW Wheat English Muffin	5.3 Oz	190	8	1.5	0	110	110	25		3	9	spinach tomato
Egg w/cheese on honey wheat bagel	5.6 oz	320	10	3.5	0	190	490	52	4	5	17	spinach tomato



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<b>Daily Soup</b>												
MHealthy Nutrition Guideline	8 ozv			10% or less calorie s			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 Florentine	8 ozv	140	2	0	0	40	250	13	2	2	16	
Chicken Lemon Rice	8 oz	100	2	0.5	0	55	160	9	1	1	10	
Chicken Noodle	8 oz	80	1	0	0	35	180	5	1	1	11	
Chicken Tortilla	8 oz	140	1.5	0	0	45	390	14	1	2	15	
Chicken Vegetable	8 oz	100	1.5	0	0	20	60	12	2	3	9	
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	
Oriental Chicken	8 ozv	140	1.5	0	0	45	210	15	1	3	14	
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	
Vegetable Orzo Soup	8 ozv	70	2.5	0	0	0	230	9	1	3	3	
White Bean & Kale Soup	8ozv	90	1.5	0	0	0	130	16	3	1	4	

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White Chicken Chili	8 ozv	190	2.5	0.5	0	70	330	15	3	4	24	
Cauliflower Soup	8ozv	50	1	0.5	0	0	80	7	2	3	4	
Lentil Soup	8ozv	70	1.5	0	0	0	160	12	3	2	4	
Wild Rice & Mushroom Soup Vegan	8 ozv	50	0.5	0	0	0	200	11	1	2	2	
Lemon Artichoke Soup	8 oz	15	0	0	0	0	55	4	1	1	1	
<b><u>Vegetables</u></b>												
MHealthy Nutrition Guideline	per serving			10% or less calorie s			480 mg or less					
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	
Cucumber Slices	1 ozw	5	0	0	0	0	0	1	0	0	0	
Grape Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0	
Radishes	1 ozw	5	0	0	0	0	10	1	0	1	0	
Romaine	1 ozw	5	0	0	0	0	0	1	1	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	
Pickles (on grill)	1 ozw	5	0	0	0	0	270	1	0	0	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	
Artichoke hearts (rotate)	1ozw	10	0	0	0	0	70	2	0	0	1	
Beets (rotate)	1 ozw	10	0	0	0	0	20	3	1	2	0	

