

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
Animal and Plant-based Proteins												
MHealthy Nutrition Guideline	per 3.5 ounces			4.5 grams or less			lunchmeats (per oz.) /protein-based salads (per 3.5 oz): <=240 mg					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	
Salad bar												
Diced Turkey	3.5 oz	52	0	0	0	44	402	2	0	2	21	
Garbanzo Beans	1 ozw	20	0	0	0	0	39	4	1	0	1	
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	
Deli												
Hummus	4 ozw.	170	10	1.5	0	0	130	16	2	0	7	
Tuna Salad	4 oz.	160	7	1	0	50	95	3	0	1	21	
Egg Salad	4 ozw.	120	6	1.5	0	155	220	2	0	1	11	
Chicken Salad	5.9 oz.	250	7	1.5	0	105	125	8	1	7	38	
Low Sodium Oven Roasted Turkey	2.9 ozw	45	0	0	0	35	330	1	0	1	17	
Baked Goods (muffins, donuts, pastries, scones, biscotti)												
MHealthy Nutrition Guideline	2 oz. or less			10% or less					2.5 grams or more	10% or less added		
Lucky Heart Muffins	3 oz.	190	5	0.5	0	0	290	36	5	19	6	exception
Cereals												

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MHealthy Nutrition Guideline							300 mg or less		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 Cereal	1.4 Oz	140	2	0	0	0	100	31	5	7	12	
Oatmeal	8 ozw	130	2.5	0	0	0	0	25	4	0	5	
Kellogg Raisin Bran	1.25 oz	110	0.5	0	0	0	120	28	4	10	3	whole grain wheat; 5 g added sugar
Breads												
MHealthy Nutrition Guideline	3 oz. or less			10% or less			300 mg or less		at least 2.5 grams	10% or less calories		1st ingredient is a whole grain
Whole Wheat english Muffin	2 oz	120	1	0	0	0	220	23	3	1	5	
Yasmeen Whole Wheat Pita	1 oz	80	0.5	0	0	0	40	18	3	1	3	whole wheat flour
Chips, Pre-packaged Snacks												
MHealthy Nutrition Guideline			5 grams or less	10% or less	0		240 mg or less			10% or less added		nut/seed exception: no total fat limit; 3 g sat. fat limit
Baked Tostitos Scoops Tortilla Chips	.88 oz	110	2.5	0	0	0	125	19	1	0	2	
Baked Lays-Original	1.13 oz	140	4	0.5	0	0	180	24	2	3	2	2g added sugars
Baked Cheddar & Sour Cream	.8 oz	100	2.5	0	0	0	200	17	1	2	1	1g added sugar
Baked Lays-Sour Cream & Onion	1.13 oz	140	3.5	0.5	0	0	190	24	2	3	2	2g added sugars

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Fat Free Fig Newtons	2.1 oz	100	0	0	0	0	95	22	1	13	1	
Goldfish Cheddar Crackers whole grain	0.75	100	4	0.5	0	0	170	14	1	0	2	
Kar's Raisin Almond Cashew Mix	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
Kar's Raw Almonds	1 oz.	160	14	1	0	0	0	6	4	1	6	nut exception
Kar's Roasted & Salted Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	nut exception
Kar's Roasted & Salted Almonds	1 oz	170	16	1	0	0	95	6	3	1	6	nut exception
Kar's Roasted & Salted Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	nut 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
Kar's Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6	seed exception
Kar's Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6	nut exception
Ope's Yogi-bear Cookie	2 oz	170	5	1.5	0	0	170	30	3	12	3	
Ope's Not so plain Jane cookie	2 oz.	170	4.5	1.5	0	0	200	29	3	10	4	
Ope's Pumped-up Pumpkin Cookie	2 oz.	140	4	1.5	0	0	135	25	3	10	3	
Ope's Trail Blazin Raisins Cookie	2 oz.	160	4	0	0	0	50	27	4	6	4	
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	

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

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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	15	6	7	15	
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 (FOB)	5.3 oz	120	0	0	0	5	50	17	0	15	12	
Chobani greek yogurt Blueberry FOB	5.3 oz	120	0	0	0	5	50	18	1	15	12	
Chobani greek yogurt stawberry (FOB)	5.3 oz	120	0	0	0	5	60	19	0	15	12	
Chobani greek yogurt raspberry FOB	5.3 oz.	120	0	0	0	5	50	18	0	16	12	

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Dannon Oikos Greek Nonfat Plain (yogurt bar)	1 cup	120	0	0	0	15	80	9	0	9	22	
<u>Fruit</u>												
MHealthy/CVC 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	
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	
Pear-optional	5.8 ozw	100	0	0	0	0	0	26	6	16	1	
Plum-optional	2.3	30	0	0	0	0	0	8	1	7	0	
<u>Yogurt bar</u>												
Blueberries (out for lunch)	1 ozw	15	0	0	0	0	0	4	1	3	0	
Cantaloupe	1 ozw	10	0	0	0	0	0	2	0	2	0	
Grapes, fresh (out for lunch)	1 ozw	20	0	0	0	0	0	5	0	4	0	
Honeydew Melon	1 ozw	10	0	0	0	0	0	3	0	2	0	
kiwi	1 ozw	20	0	0	0	0	1	5	1	3	0	
mango	1 ozw	15	0	0	0	0	0	4	0	4	0	
Pineapple	1 ozw	15	0	0	0	0	0	4	0	3	0	
Blackberries or raspberries	1 ozw	15	0	0	0	0	0	3	2	1	0	
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0	
Strawberries (out for lunch)	1 ozw	10	0	0	0	0	0	2	1	1	0	
Watermelon	1 ozw	10	0	0	0	0	0	2	0	2	0	
mandarin oranges (out for lunch)	1 ozw	10	0	0	0	0	0	3	0	2	0	
<u>Healthy Fats</u>												
<u>Yogurt/Salad Bar</u>												
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	
<u>Oatmeal/Salad Bars</u>												
Ground flax seed	0.5 ozw	70	5	0	0	0	0	4	4	0	3	
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	
<u>Main Dish</u>												
MHealthy/CVC Nutrition Guideline	at least 8 ounces	500 or less		10% or less			600 mg or less				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	
Chicken Salad (on deli)	5.9 ozw.	250	7	1.5	0	105	125	8	1	7	38	
Cranberry Mandarin Chicken Salad (no dressing, no cheese)	14.2 oz	250	4.5	1	0	85	110	28	7	19	27	
Kale Waldorf Salad	7.8 oz	300	14	1.5	0	0	25	39	5	30	9	
Tuna Salad Cup	4 oz	100	3.5	0.5	0	25	90	5	1	2	11	
<u>Sides</u>												
Mhealthy/CVC Nutrition Guideline	per serving	250 calories or less		10% or less calories			240 mg or less					contains whole grain or vegetable
Carrots & Celery Sticks w/Fat Free Ranch	6 oz	70	0	0	0	0	380	15	3	6	1	
Hummus with Veggies	7.8 oz	130	5	0.5	0	0	170	16	5	4	4	
Mediterranean Quinoa Salad	7.5 oz	160	7	0.5	0	0	180	21	3	3	4	
Southwest Brown Rice Salad	7.1 oz	190	7	0.5	0	0	60	31	2	4	4	

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Salad Dressings and Condiments												
MHealthy/CVC Nutrition Guideline	per serving size that fits			10% or less			140 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	
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	
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	
Peppercorns												
Crushed Red Pepper												
Low-Sodium FF Italian pkt.	12 g	5	0	0	0	0	105	1	3	1	0	
salsa cups	1.5 oz	10	0	0	0	0	70	2	0	1	0	
Low-Sodium FF French Dressing pkt.	12 g	10	0	0	0	0	140	4	0	3	0	
Sandwiches												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			600 mg or less				7 grams or more	contains Fruit and/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	
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	

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Dali's Surreal Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Dali's Surreal Veggie w/cream cheese on whole grain	7.9 oz	290	6	1.5	0	5	460	52	7	14	14	
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 S Wheat English M	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	
Ni's Chicken Salad Pita Pocket	5.8 oz	220	4	1	0	55	115	23	3	5	23	
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	
Snack Bars												
MHealthy/CVC Nutrition Guideline		250 or less					no added supplements, vitamins or minerals					1st 2 ingredients must be nuts, seeds, fruits or whole grains
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
Kind-Madagascar vanilla almond	1	210	16	1.5	0	0	15	14	6	4	7	Almonds, peanuts, cashews
That's It bar--Apple & Cherry	1	100	0	0	0	0	20	26	3	22	1	apple, cherries
That's It bar--Apple & Mango	1	100	0	0	0	0	25	27	3	23	0	apple, mango
That's It bar--Apple & Pineapple	1	100	0	0	0	0	20	24	5	18	0	apple, pineapple
That's It bar--Apple & Blueberry	1	100	0	0	0	0	25	26	4	19	1	apples, blueberries
That's It bar--Apple & Strawberry	1	100	0	0	0	0	30	22	4	17	1	apples, strawberries
Soup												

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MHealthy/CVC Nutrition Guideline	8 ozv			10% or less calories			480 mg or less					
MHealthy Approved soups												
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	
Vegatable Orzo Soup	8 ozv	70	2.5	0	0	0	230	9	1	3	3	
Wild Rice & Mushroom Soup Vegan	8 ozv	50	0.5	0	0	0	200	11	1	2	2	
White Bean & Kale Soup	8ozv	90	1.5	0	0	0	130	16	3	1	4	
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	
Lemon Artichoke Soup	8 oz	15	0	0	0	0	55	4	1	1	1	
<u>Vegetables</u>												

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MHealthy Nutrition Guideline	per serving			10% or less calories			140 mg or less					
Salad Bar and/or Deli												
Banana Peppers	1 ozw	10	0	0	0	0	0	2	1	1	0	
Beets	1 ozw	10	0	0	0	0	20	3	1	2	0	
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	
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	
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	