<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Serving</th>
<th>Calories (g)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat* (g)</th>
<th>Chol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Other</th>
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<td>item cannot be fried; hard boiled eggs &amp; 1% cottage cheese ok</td>
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<tr>
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<td>20</td>
<td>0</td>
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<td>80</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>210</td>
<td>140</td>
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</tr>
<tr>
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<td>3</td>
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<td>35</td>
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</tr>
<tr>
<td>Low Sodium Deli Ham</td>
<td>3.5 oz</td>
<td>120</td>
<td>4.5</td>
<td>2</td>
<td>0</td>
<td>55</td>
<td>580</td>
<td>0</td>
<td>0</td>
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<tr>
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<td>52</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>44</td>
<td>402</td>
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<td>0</td>
<td>2</td>
<td>21</td>
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<tr>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>39</td>
<td>4</td>
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</tr>
<tr>
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<td>3.5 oz</td>
<td>170</td>
<td>5</td>
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<td>0</td>
<td>80</td>
<td>32</td>
<td>1</td>
<td>1</td>
<td>0</td>
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<tr>
<td>Edamame</td>
<td>1 ozw</td>
<td>40</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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<td>80</td>
<td>6</td>
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<td>0</td>
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</tr>
<tr>
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<td>1 oz</td>
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<td>3</td>
<td>1</td>
<td>0</td>
<td>35</td>
<td>180</td>
<td>1</td>
<td>0</td>
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<tr>
<td>MHealthy Nutrition Guideline</td>
<td>6 oz. or less</td>
<td>150 or less</td>
<td>2 gram or less</td>
<td></td>
<td></td>
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<tr>
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<td>5.3 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>65</td>
<td>14</td>
<td>6</td>
<td>6</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menu Item</td>
<td>Servings</td>
<td>Calories</td>
<td>Total Fat (g)</td>
<td>Sat Fat (g)</td>
<td>Trans Fat* (g)</td>
<td>Chol (mg)</td>
<td>Sodium (mg)</td>
<td>Total Carb (g)</td>
<td>Dietary Fiber (g)</td>
<td>Sugar (g)</td>
<td>Protein (g)</td>
<td>Other</td>
</tr>
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<tr>
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<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>65</td>
<td>14</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
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<td>5.3 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>50</td>
<td>17</td>
<td>0</td>
<td>15</td>
<td>12</td>
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<tr>
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<td>5.3 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>50</td>
<td>18</td>
<td>1</td>
<td>15</td>
<td>12</td>
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</tr>
<tr>
<td>Chobani greek yogurt strawberry fruit on the bottom</td>
<td>5.3 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>60</td>
<td>19</td>
<td>0</td>
<td>15</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Chobani raspberry FOB</td>
<td>5.3 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
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<td>50</td>
<td>18</td>
<td>0</td>
<td>16</td>
<td>12</td>
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### Cereals

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</thead>
<tbody>
<tr>
<td>Cheerios Cereal Whole grain bowl</td>
<td>1 oz</td>
<td>100</td>
<td>2</td>
<td>0.05</td>
<td>0</td>
<td>0</td>
<td>140</td>
<td>20</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>1st ingredient is a whole grain</td>
</tr>
<tr>
<td>Kashi GOLEAN cereal</td>
<td>1.6 oz</td>
<td>130</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>75</td>
<td>26</td>
<td>9</td>
<td>5</td>
<td>12</td>
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<tr>
<td>Oatmeal</td>
<td>8 oz</td>
<td>130</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>4</td>
<td>0</td>
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<td>Kashi Heart to Heart Cereal</td>
<td>1.4 Oz</td>
<td>140</td>
<td>2</td>
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<td>0</td>
<td>0</td>
<td>100</td>
<td>31</td>
<td>5</td>
<td>7</td>
<td>12</td>
<td>1st ingredient is whole grain wheat; 5 g added sugar</td>
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<tr>
<td>Kellogg Raisin Bran</td>
<td>1.25 oz</td>
<td>110</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>120</td>
<td>28</td>
<td>4</td>
<td>10</td>
<td>3</td>
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</tr>
</tbody>
</table>

### Bread Products (bagels, buns, waffles, pancakes, tortillas, croissants, bread, rolls)

| MHealthy Nutrition Guideline                                             |          |          |               |              |                |           |              |                  |                  |           |            |                                    |
|--------------------------------------------------------------------------|----------|----------|---------------|--------------|----------------|-----------|-------------|------------------|------------------|-----------|-------------|                                    |
| Whole Wheat english Muffin                                              | 2 oz     | 120      | 0             | 0            | 0              | 220       | 220         | 220              | 3                | 1         | 5           |                                    |
| Yasmeen Whole Wheat Pita                                                | 1 oz     | 80       | 0.5           | 0            | 0              | 40        | 18          | 3                | 1                | 3         | 3           | whole wheat flour                  |

### Baked Goods (muffins, donuts, pastries, scones, biscotti)
<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Servings</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat* (g)</th>
<th>Cho l (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>MHealthy Nutrition Guideline</td>
<td>2 oz. or less</td>
<td>10% or less</td>
<td>2.5 grams or more</td>
<td>10% or less</td>
<td>0</td>
<td>200</td>
<td>17</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td></td>
<td>exception</td>
</tr>
<tr>
<td>Lucky Heart Muffin</td>
<td>3 oz.</td>
<td>190</td>
<td>5</td>
<td>0.5</td>
<td>0</td>
<td>290</td>
<td>5</td>
<td>19</td>
<td>6</td>
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<td></td>
<td>exception</td>
</tr>
<tr>
<td><strong>Chips, Pre-packaged Snacks</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MHealthy Nutrition Guideline</td>
<td></td>
<td></td>
<td>5 grams or less</td>
<td>10% or less</td>
<td>0</td>
<td>480</td>
<td>17</td>
<td>1</td>
<td>2</td>
<td>1</td>
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</tr>
<tr>
<td>Baked Cheddar &amp; Sour Cream</td>
<td>.8 oz</td>
<td>100</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>17</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1g added sugar</td>
</tr>
<tr>
<td>Baked Lays-BBQ</td>
<td>1.13 oz</td>
<td>140</td>
<td>3.5</td>
<td>0.5</td>
<td>0</td>
<td>180</td>
<td>24</td>
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<td>3</td>
<td>2</td>
<td>3</td>
<td>3 g added sugar</td>
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<tr>
<td>Baked Lays-Original</td>
<td>1.13 oz</td>
<td>140</td>
<td>4</td>
<td>0.5</td>
<td>0</td>
<td>180</td>
<td>24</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>2g added sugars</td>
</tr>
<tr>
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<td>1.13 oz</td>
<td>140</td>
<td>3.5</td>
<td>0.5</td>
<td>0</td>
<td>190</td>
<td>24</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>2g added sugars</td>
</tr>
<tr>
<td>Baked Tostitos Scoops Tortilla Chips</td>
<td>.88 oz</td>
<td>110</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>125</td>
<td>19</td>
<td>1</td>
<td>0</td>
<td>2</td>
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</tr>
<tr>
<td>Cheetos Baked Crunchy cheese snacks</td>
<td>.88 oz</td>
<td>120</td>
<td>4.5</td>
<td>1</td>
<td>0</td>
<td>200</td>
<td>16</td>
<td>1</td>
<td>1</td>
<td>2</td>
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<td>120</td>
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</tr>
<tr>
<td>Doritos cool ranch tortilla chips</td>
<td>1 oz</td>
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<td>0</td>
<td>150</td>
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<td>0</td>
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<td>190</td>
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<td>Calories</td>
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<td>Trans Fat* (g)</td>
<td>Cholesterol (mg)</td>
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<td>Sugar (g)</td>
<td>Protein (g)</td>
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<td>0</td>
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</tr>
<tr>
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<td>seed exception</td>
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<td>1</td>
<td>5</td>
<td>nut exception</td>
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<td>0</td>
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<td>10</td>
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<td>nut exception</td>
</tr>
<tr>
<td>Ope's Not so plain Jane cookie</td>
<td>2 oz.</td>
<td>170</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>3</td>
<td>10</td>
<td>4</td>
<td>1</td>
<td>nut exception</td>
</tr>
<tr>
<td>Ope's Pumped-up Pumpkin Cookie</td>
<td>2 oz.</td>
<td>140</td>
<td>4</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>135</td>
<td>25</td>
<td>3</td>
<td>10</td>
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<td></td>
</tr>
<tr>
<td>Ope's Trail Blazin Raisins Cookie</td>
<td>2 oz.</td>
<td>160</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>50</td>
<td>27</td>
<td>4</td>
<td>6</td>
<td>4</td>
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</tr>
<tr>
<td>Ope's Yogi-bear Cookie</td>
<td>2 oz.</td>
<td>170</td>
<td>5</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>170</td>
<td>30</td>
<td>3</td>
<td>12</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Rold Gold Heart shaped pretzels</td>
<td>0.7 oz</td>
<td>80</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>1.5</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Rold Gold tiny twist Pretzels*</td>
<td>.7 oz</td>
<td>80</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>220</td>
<td>23</td>
<td>2</td>
<td>0.9</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Wheat Crackers</td>
<td>1 oz.</td>
<td>35</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60</td>
<td>5</td>
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<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td>*These items contain more than one serving per package. They are MHealthy for one serving.</td>
</tr>
</tbody>
</table>

**Snack Bars**

<table>
<thead>
<tr>
<th>MHealthy Nutrition Guideline</th>
<th>250 or less</th>
<th>no added supplements, vitamins or minerals</th>
<th>1st 2 ingredients must be nuts, seeds, whole fruit or whole grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kashi TLC Chewy bar: Trail Mix</td>
<td>1.2 oz</td>
<td>140</td>
<td>5</td>
</tr>
<tr>
<td>Kind-Fruit &amp; Nut</td>
<td>1</td>
<td>200</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kind-Blueberry Vanilla &amp; Cashew</td>
<td>1</td>
<td>180</td>
<td>12</td>
</tr>
<tr>
<td>Kind-Madagascar vanilla almond</td>
<td>1</td>
<td>210</td>
<td>16</td>
</tr>
<tr>
<td>That's It bar--Apple &amp; Cherry</td>
<td>1</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>That's It bar--Apple &amp; Mango</td>
<td>1</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>That's It bar--Apple &amp; Pineapple</td>
<td>1</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>That's It bar--Apple &amp; Blueberry</td>
<td>1</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>That's It bar--Apple &amp; Strawberry</td>
<td>1</td>
<td>100</td>
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**Fruit**
<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Serving</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Other</th>
</tr>
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<tbody>
<tr>
<td><strong>MHealthy Nutrition Guideline</strong></td>
<td>per serving</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>no added sugar or artificial sweeteners</td>
</tr>
<tr>
<td>Apple</td>
<td>5 oz</td>
<td>80</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>21</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Banana</td>
<td>5 oz</td>
<td>110</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>28</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>0</td>
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</tr>
<tr>
<td>Orange</td>
<td>4.6 oz</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
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<td>1</td>
<td></td>
<td>1</td>
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</tr>
<tr>
<td>Fresh mixed fruit cup</td>
<td>8 oz.</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>27</td>
<td>2</td>
<td>23</td>
<td>1</td>
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</tr>
<tr>
<td>Pineapple Cup</td>
<td>8 ozw.</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>3</td>
<td>22</td>
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</tr>
<tr>
<td>Watermelon cup</td>
<td>7.3 ozw.</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>16</td>
<td>1</td>
<td>13</td>
<td>1</td>
<td></td>
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</tr>
<tr>
<td>Raisins (salad bar)</td>
<td>0.5 ozw.</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>1</td>
<td>8</td>
<td>0</td>
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</tr>
<tr>
<td>Pear--optional</td>
<td>5.8 ozw.</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>26</td>
<td>6</td>
<td>16</td>
<td>1</td>
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<td></td>
</tr>
<tr>
<td>Plum--optional</td>
<td>2.3 ozw.</td>
<td>30</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>1</td>
<td>7</td>
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</tr>
<tr>
<td><strong>Yogurt bar</strong></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>mandarin oranges (in juice) OR</td>
<td>1 ozw</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>0</td>
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</tr>
<tr>
<td>blackberries</td>
<td>1 ozw</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
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<td></td>
</tr>
<tr>
<td>watermelon</td>
<td>1 ozw</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>0</td>
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<td></td>
</tr>
<tr>
<td>canteloupe</td>
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<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>0</td>
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</tr>
<tr>
<td>honeydew melon</td>
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<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>3</td>
<td>0</td>
<td>2</td>
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</tr>
<tr>
<td>strawberries OR</td>
<td>1 ozw</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
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<td></td>
</tr>
<tr>
<td>pineapple</td>
<td>1 ozw</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>3</td>
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</tr>
<tr>
<td>blueberries</td>
<td>1 ozw</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>0</td>
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<tr>
<td><strong>Daily Main Dish</strong></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td>contains Fruit and/or vegetable</td>
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<tr>
<td><strong>MHealthy Nutrition Guideline</strong></td>
<td>at least 8 ounces</td>
<td>500 or less</td>
<td>10% or less</td>
<td>no more than 1000 mg</td>
<td>7 grams or more</td>
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</tr>
<tr>
<td>Chicken Caesar Salad with FF Caesar dressing</td>
<td>8.8 ozw</td>
<td>230</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>70</td>
<td>490</td>
<td>16</td>
<td>4</td>
<td>3</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Menu Item</td>
<td>Servings</td>
<td>Calories</td>
<td>Total Fat (g)</td>
<td>Sat Fat (g)</td>
<td>Trans Fat* (g)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Total Carb (g)</td>
<td>Dietary Fiber (g)</td>
<td>Sugar (g)</td>
<td>Protein (g)</td>
<td>Other</td>
</tr>
<tr>
<td>------------------------------------------------------</td>
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<td>---------------</td>
<td>-------------</td>
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<td>----------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>-------------</td>
<td>-------</td>
</tr>
<tr>
<td>Cranberry Mandarin Chicken Salad (no dressing, no cheese)</td>
<td>14.2 oz</td>
<td>250</td>
<td>4.5</td>
<td>1</td>
<td>0</td>
<td>85</td>
<td>110</td>
<td>28</td>
<td>7</td>
<td>19</td>
<td>27</td>
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</tr>
<tr>
<td>Tuna Salad Cup</td>
<td>4 oz</td>
<td>100</td>
<td>3.5</td>
<td>0.5</td>
<td>0</td>
<td>25</td>
<td>90</td>
<td>5</td>
<td>1</td>
<td>2</td>
<td>11</td>
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</tr>
<tr>
<td>Earthen Jar: Masala Tofu</td>
<td>10 oz</td>
<td>490</td>
<td>22</td>
<td>2</td>
<td>n/a</td>
<td>0</td>
<td>615</td>
<td>60</td>
<td>4</td>
<td>0</td>
<td>17</td>
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<tr>
<td>Earthen Jar: Bhaigan Alu</td>
<td>10 oz</td>
<td>480</td>
<td>22</td>
<td>2</td>
<td>n/a</td>
<td>0</td>
<td>830</td>
<td>66</td>
<td>6</td>
<td>0</td>
<td>7</td>
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</tr>
<tr>
<td>Earthen Jar: Sag dal</td>
<td>10 oz</td>
<td>440</td>
<td>15</td>
<td>1</td>
<td>n/a</td>
<td>0</td>
<td>805</td>
<td>64</td>
<td>10</td>
<td>0</td>
<td>13</td>
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</tr>
<tr>
<td>Chili</td>
<td>8 oz</td>
<td>210</td>
<td>5</td>
<td>1.5</td>
<td>0</td>
<td>20</td>
<td>810</td>
<td>28</td>
<td>9</td>
<td>5</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Egg White Omelet</td>
<td>8 oz</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>10</td>
<td>3</td>
<td>4</td>
<td>11</td>
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</tr>
<tr>
<td>Baked Potato Bar-MHealthy Choice</td>
<td>14.8 oz</td>
<td>320</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td>560</td>
<td>57</td>
<td>9</td>
<td>7</td>
<td>11</td>
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</tr>
<tr>
<td>Bistro Chicken w/Risotto</td>
<td>13.9 oz</td>
<td>380</td>
<td>7</td>
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<td>0</td>
<td>85</td>
<td>770</td>
<td>40</td>
<td>4</td>
<td>7</td>
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<tr>
<td>Chicken Berry Salad</td>
<td>12.9 oz</td>
<td>280</td>
<td>4</td>
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<td>0</td>
<td>70</td>
<td>650</td>
<td>31</td>
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<td>23</td>
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<tr>
<td>Chicken Cacciatore</td>
<td>8 oz.</td>
<td>320</td>
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<td>0</td>
<td>30</td>
<td>250</td>
<td>48</td>
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<td>20</td>
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<tr>
<td>Chicken Marsala</td>
<td>14 oz</td>
<td>430</td>
<td>14</td>
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<td>0</td>
<td>80</td>
<td>115</td>
<td>34</td>
<td>5</td>
<td>7</td>
<td>34</td>
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<tr>
<td>Chicken Piccata w/Rice Pilaf &amp; Veg</td>
<td>13.4 oz</td>
<td>340</td>
<td>13</td>
<td>2.5</td>
<td>0</td>
<td>80</td>
<td>560</td>
<td>19</td>
<td>2</td>
<td>4</td>
<td>32</td>
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<tr>
<td>Cod en Papillote w/Ratatouille &amp; Dirty Rice</td>
<td>15 oz</td>
<td>270</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>55</td>
<td>790</td>
<td>21</td>
<td>4</td>
<td>8</td>
<td>26</td>
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</tr>
<tr>
<td>Grilled Lemon Chicken w/ Tabbouleh</td>
<td>8 oz</td>
<td>330</td>
<td>9</td>
<td>1.5</td>
<td>na</td>
<td>65</td>
<td>500</td>
<td>32</td>
<td>8</td>
<td>na</td>
<td>32</td>
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</tr>
<tr>
<td>Harvest Grilled Chicken Breast w/Apple Slaw &amp; Orzo</td>
<td>8.3 oz</td>
<td>390</td>
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<td>1.5</td>
<td>0</td>
<td>80</td>
<td>85</td>
<td>48</td>
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<td>12</td>
<td>36</td>
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<tr>
<td>Hudson Valley Grilled Chicken Breast w/Apple Slaw Couscous</td>
<td>8.3 oz</td>
<td>390</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>80</td>
<td>85</td>
<td>49</td>
<td>5</td>
<td>11</td>
<td>26</td>
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</tr>
<tr>
<td>Hummus Pita and Veggies</td>
<td>8.46 oz</td>
<td>400</td>
<td>14</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>660</td>
<td>56</td>
<td>7</td>
<td>6</td>
<td>13</td>
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</tr>
<tr>
<td>Kale Waldorf Salad</td>
<td>7.8 oz</td>
<td>300</td>
<td>14</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>39</td>
<td>5</td>
<td>30</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Lemon Bean Salad with Mahi Mahi</td>
<td>12.3 oz</td>
<td>290</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>20</td>
<td>570</td>
<td>35</td>
<td>9</td>
<td>3</td>
<td>17</td>
<td></td>
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<tr>
<td>Lemon Pepper Baked Tilapia w/Red Skin Potatoes &amp; Vegetables</td>
<td>12.6 oz</td>
<td>360</td>
<td>13</td>
<td>2.5</td>
<td>0</td>
<td>100</td>
<td>90</td>
<td>29</td>
<td>4</td>
<td>4</td>
<td>34</td>
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</tr>
<tr>
<td>Louisiana Shrimp Pasta</td>
<td>12.4 oz</td>
<td>450</td>
<td>9</td>
<td>4</td>
<td>0</td>
<td>200</td>
<td>940</td>
<td>58</td>
<td>3</td>
<td>11</td>
<td>33</td>
<td></td>
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<tr>
<td>Marinated Veggie Salad</td>
<td>16 oz</td>
<td>210</td>
<td>7</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>33</td>
<td>11</td>
<td>13</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Pepper Steak w/Rice</td>
<td>20 oz</td>
<td>440</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>70</td>
<td>770</td>
<td>63</td>
<td>5</td>
<td>9</td>
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<tr>
<td>Menu Item</td>
<td>Servig</td>
<td>Calories</td>
<td>Total Fat</td>
<td>Sat Fat</td>
<td>Trans Fat*</td>
<td>Chol (mg)</td>
<td>Sodium (mg)</td>
<td>Total Carb</td>
<td>Dietary Fiber</td>
<td>Sugar (g)</td>
<td>Protein (g)</td>
<td>Other</td>
</tr>
<tr>
<td>------------------------------------------------------</td>
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<td>------------</td>
<td>---------------</td>
<td>------------</td>
<td>--------------</td>
<td>-------</td>
</tr>
<tr>
<td>Roasted Turkey Breast w/Stuffing Corn</td>
<td>10.4 oz</td>
<td>340</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>80</td>
<td>280</td>
<td>42</td>
<td>4</td>
<td>6</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Roasted Turkey Breast w/Stuffing and Vegetables</td>
<td>10.3 oz</td>
<td>300</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>80</td>
<td>290</td>
<td>25</td>
<td>4</td>
<td>4</td>
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<td>Roasted Pork Loin with Potatoes and Veggies</td>
<td>11.5 oz</td>
<td>350</td>
<td>13</td>
<td>2.5</td>
<td>0</td>
<td>70</td>
<td>90</td>
<td>28</td>
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<td>4</td>
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<td>Salmon and Gazpacho Relish Asparagus</td>
<td>17.9 oz</td>
<td>480</td>
<td>16</td>
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<td>0</td>
<td>90</td>
<td>150</td>
<td>43</td>
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<tr>
<td>Sizzlin Salad (no dressing)</td>
<td>11.9 oz</td>
<td>280</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>90</td>
<td>390</td>
<td>11</td>
<td>6</td>
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<td>Soy Glazed Mahi Mahi w/Sticky Rice &amp; Veg</td>
<td>15.6 oz</td>
<td>400</td>
<td>6</td>
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<td>0</td>
<td>85</td>
<td>350</td>
<td>58</td>
<td>5</td>
<td>14</td>
<td>28</td>
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<tr>
<td>Stir Fry No Sauce</td>
<td>9.4 oz</td>
<td>350</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>80</td>
<td>330</td>
<td>30</td>
<td>3</td>
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<tr>
<td>Stir Fry w/Sweet and Sour Sauce</td>
<td>10.4 oz</td>
<td>380</td>
<td>10</td>
<td>1.5</td>
<td>0</td>
<td>80</td>
<td>520</td>
<td>39</td>
<td>3</td>
<td>10</td>
<td>33</td>
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<tr>
<td>Stir Fry w/Szechuan Sauce</td>
<td>10.4 oz</td>
<td>390</td>
<td>12</td>
<td>1.5</td>
<td>0</td>
<td>80</td>
<td>710</td>
<td>36</td>
<td>3</td>
<td>6</td>
<td>34</td>
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<tr>
<td>Stir Fry w/Teriyaki Sauce</td>
<td>10.4 oz</td>
<td>400</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>80</td>
<td>650</td>
<td>39</td>
<td>3</td>
<td>10</td>
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<tr>
<td>Taco Tuesday</td>
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<td>410</td>
<td>10</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>870</td>
<td>66</td>
<td>7</td>
<td>6</td>
<td>14</td>
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<tr>
<td>Turkey Piccata w/Rice and Vegetables</td>
<td>10 oz</td>
<td>280</td>
<td>10</td>
<td>2.5</td>
<td>na</td>
<td>40</td>
<td>420</td>
<td>26</td>
<td>2.5</td>
<td>na</td>
<td>24</td>
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<tr>
<td>Turkey Tetrazzini</td>
<td>11 oz</td>
<td>370</td>
<td>2.5</td>
<td>0.5</td>
<td>0</td>
<td>60</td>
<td>170</td>
<td>52</td>
<td>2</td>
<td>9</td>
<td>32</td>
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</tr>
<tr>
<td>Winter Quinoa Salad w/Chicken</td>
<td>6.4 oz</td>
<td>220</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>70</td>
<td>230</td>
<td>11</td>
<td>2</td>
<td>1</td>
<td>28</td>
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<tr>
<td>Curried /Chicken /w rice and vegetables</td>
<td>10 oz</td>
<td>280</td>
<td>4.5</td>
<td>2.5</td>
<td>0</td>
<td>40</td>
<td>105</td>
<td>40</td>
<td>3</td>
<td>9</td>
<td>18</td>
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<tr>
<td>Pot Roast with potatoes and carrots</td>
<td>10 oz</td>
<td>260</td>
<td>8</td>
<td>3</td>
<td>0</td>
<td>30</td>
<td>180</td>
<td>33</td>
<td>5</td>
<td>7</td>
<td>13</td>
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<tr>
<td>Chicken Milanese w/Arugula &amp; creamy parmesan dressing</td>
<td>11 oz</td>
<td>270</td>
<td>7</td>
<td>2</td>
<td>0</td>
<td>85</td>
<td>160</td>
<td>18</td>
<td>3</td>
<td>3</td>
<td>34</td>
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<tr>
<td>Salmon Nicoise Salad</td>
<td>15 oz</td>
<td>450</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>240</td>
<td>550</td>
<td>30</td>
<td>3</td>
<td>5</td>
<td>33</td>
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</tr>
<tr>
<td>Roasted Corn Avocado Salad</td>
<td>8 oz</td>
<td>140</td>
<td>5</td>
<td>0.05</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>20</td>
<td>4</td>
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Healthy Fats (olive oil, nuts, seeds, nut & seed butters, avocado, whole olives)
<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Servings</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat* (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Olives</td>
<td>0.5 ozw</td>
<td>15</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>105</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>0.5 ozw</td>
<td>80</td>
<td>7</td>
<td>0.5</td>
<td>0</td>
<td>60</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Walnuts</td>
<td>0.5 ozw</td>
<td>90</td>
<td>9</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Olive oil</td>
<td>1 Tbsp.</td>
<td>120</td>
<td>14</td>
<td>2</td>
<td>n/a</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Peanut Butter</td>
<td>.74 oz</td>
<td>130</td>
<td>11</td>
<td>2.5</td>
<td>n/a</td>
<td>0</td>
<td>100</td>
<td>5</td>
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**Salad Dressings and Condiments**

<table>
<thead>
<tr>
<th>MHealthy Nutrition Guideline</th>
<th>per 2 Tbsp. (1 oz)</th>
<th>10% or less</th>
<th>320 mg or less</th>
<th>5 grams or less total</th>
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<tbody>
<tr>
<td>Balsamic Vinaigrette</td>
<td>1 oz</td>
<td>90</td>
<td>9</td>
<td>0</td>
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<tr>
<td>Hummus</td>
<td>2 ozw.</td>
<td>80</td>
<td>4.5</td>
<td>0</td>
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<tr>
<td>Low calorie lite mayo</td>
<td>15 g</td>
<td>25</td>
<td>1</td>
<td>0</td>
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<tr>
<td>Yellow Mustard</td>
<td>0.5 ozw.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pureed Avocado</td>
<td>2 ozw.</td>
<td>100</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>Red Wine Vinegar</td>
<td>1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>GFS Grape Jelly Cup</td>
<td>12 g</td>
<td>10</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>GFS Mixed Jelly Cup</td>
<td>12 g</td>
<td>10</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>GFS Strawberry</td>
<td>12 g</td>
<td>10</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Fat Free Italian Pkt (used on deli)</td>
<td>1.5 oz</td>
<td>20</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Ketchup</td>
<td>1 oz</td>
<td>40</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Salsa Cups</td>
<td>1.5 oz</td>
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**Sandwiches**
<table>
<thead>
<tr>
<th>Menu Item</th>
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<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat* (g)</th>
<th>Chol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>MHealthy Nutrition Guideline</td>
<td></td>
<td></td>
<td>500 or less</td>
<td>10% or less</td>
<td>no more than 1000 mg</td>
<td>7 grams or more</td>
<td>includes fruit or vegetable</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Avocado Veggie with cream cheese Tweener</td>
<td>7.3 oz</td>
<td>270</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>5</td>
<td>470</td>
<td>41</td>
<td>5</td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>(wheat tortilla)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado Veggie with Hummus Tweener</td>
<td>8.7 oz</td>
<td>340</td>
<td>12</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>480</td>
<td>48</td>
<td>7</td>
<td>6</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>(wheat tortilla)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>BBQ Chicken Sandwich w/Slaw</td>
<td>12 oz</td>
<td>450</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>90</td>
<td>680</td>
<td>50</td>
<td>5</td>
<td>16</td>
<td>35</td>
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</tr>
<tr>
<td>Ben's Boston Bibb Lettuce Wrap</td>
<td>10.5 oz</td>
<td>190</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>105</td>
<td>160</td>
<td>9</td>
<td>2</td>
<td>5</td>
<td>23</td>
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</tr>
<tr>
<td>Chicken Salad Tweener (wheat tortilla)</td>
<td>10.2 oz</td>
<td>460</td>
<td>12</td>
<td>2.5</td>
<td>0</td>
<td>105</td>
<td>520</td>
<td>44</td>
<td>4</td>
<td>11</td>
<td>43</td>
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<tr>
<td>Chicken Salad Pita Pocket</td>
<td>5.8 oz</td>
<td>220</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>55</td>
<td>115</td>
<td>23</td>
<td>3</td>
<td>5</td>
<td>23</td>
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<tr>
<td>Nihad's Chicken Salad on Whole Grain</td>
<td>11 oz</td>
<td>500</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>105</td>
<td>510</td>
<td>56</td>
<td>7</td>
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<td>Classic Ham on Rye</td>
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<td>300</td>
<td>5</td>
<td>1.5</td>
<td>0</td>
<td>40</td>
<td>910</td>
<td>41</td>
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<tr>
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<td>360</td>
<td>9</td>
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<td>0</td>
<td>0</td>
<td>470</td>
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<td>9</td>
<td>13</td>
<td>16</td>
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<tr>
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<td>440</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>120</td>
<td>590</td>
<td>46</td>
<td>1</td>
<td>5</td>
<td>43</td>
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</tr>
<tr>
<td>Classic Turkey Club on Texas Toast</td>
<td>7.3 oz</td>
<td>240</td>
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<td>45</td>
<td>800</td>
<td>37</td>
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<tr>
<td>Classic Turkey on Sourdough</td>
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<td>260</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>820</td>
<td>44</td>
<td>2</td>
<td>4</td>
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<tr>
<td>Dali's Surreal Veggie w/cream cheese on whole grain</td>
<td>7.9 oz</td>
<td>290</td>
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<td>0</td>
<td>5</td>
<td>460</td>
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<td>14</td>
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<tr>
<td>Da Vinci's Bacon Turkey on Ciabatta</td>
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<td>850</td>
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<td>115</td>
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<td>120</td>
<td>220</td>
<td>21</td>
<td>3</td>
<td>3</td>
<td>12</td>
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<tr>
<td>Egg Salad Tweener (wheat tortilla)</td>
<td>7.8 oz</td>
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<td>11</td>
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<td>135</td>
<td>590</td>
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<tr>
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<td>1.5</td>
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<td>266</td>
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<td>4</td>
<td>7</td>
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<tr>
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<td>5.3 oz</td>
<td>190</td>
<td>8</td>
<td>1.5</td>
<td>0</td>
<td>110</td>
<td>110</td>
<td>25</td>
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<td>9</td>
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<td>Veg added spinach &amp; Tomato</td>
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<tr>
<td>Egg White Breakfast Burrito</td>
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<td>470</td>
<td>40</td>
<td>5</td>
<td>5</td>
<td>11</td>
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<tr>
<td>Egg w/cheese on honey wheat bagel</td>
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<td>10</td>
<td>3.5</td>
<td>0</td>
<td>190</td>
<td>490</td>
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| Menu Item                                               | Servi
g | Calori
es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg ) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Other                          |
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<tbody>
<tr>
<td>Egg white Breakfast SW on honey wheat bagel no cheese</td>
<td>5.8 oz</td>
<td>320</td>
<td>5</td>
<td>1.5</td>
<td>0</td>
<td>10</td>
<td>470</td>
<td>54</td>
<td>5</td>
<td>6</td>
<td>16</td>
<td>veg added spinach tomato</td>
</tr>
<tr>
<td>Egg w/ham on honey wheat bagel</td>
<td>5.8 oz</td>
<td>300</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>590</td>
<td>54</td>
<td>5</td>
<td>6</td>
<td>18</td>
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<td>290</td>
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<td>15</td>
<td>590</td>
<td>52</td>
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<td>17</td>
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<td>12</td>
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<td>0</td>
<td>0</td>
<td>630</td>
<td>47</td>
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<td>9</td>
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<td>0</td>
<td>45</td>
<td>900</td>
<td>36</td>
<td>4</td>
<td>4</td>
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<td>0</td>
<td>0</td>
<td>560</td>
<td>56</td>
<td>4</td>
<td>14</td>
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<td>1.5</td>
<td>0</td>
<td>145</td>
<td>160</td>
<td>21</td>
<td>0</td>
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<td>410</td>
<td>11</td>
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<td>0</td>
<td>50</td>
<td>480</td>
<td>50</td>
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<td>0</td>
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<td>120</td>
<td>21</td>
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<td>0</td>
<td>0</td>
<td>400</td>
<td>43</td>
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<td>250</td>
<td>6</td>
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<td>0</td>
<td>0</td>
<td>540</td>
<td>34</td>
<td>6</td>
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<td>250</td>
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<td>40</td>
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<td>10.4 oz</td>
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<td>0</td>
<td>0</td>
<td>560</td>
<td>55</td>
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</table>

**Daily Soup**

| MHealthy Nutrition Guideline | Servi
g | Calori
es | Total Fat (g) | Sat Fat (g) | Trans Fat* (g) | Cho l (mg ) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | no more than 600 mg sodium |
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<tbody>
<tr>
<td>Butternut Squash Soup</td>
<td>8 oz</td>
<td>100</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>20</td>
<td>4</td>
<td>11</td>
<td>5</td>
<td></td>
<td>200 mg sodium</td>
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<tr>
<td>Carrot Ginger Bisque</td>
<td>8 oz</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>270</td>
<td>9</td>
<td>1</td>
<td>6</td>
<td>4</td>
<td></td>
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<tr>
<td>Cauliflower Soup</td>
<td>8 ozv</td>
<td>50</td>
<td>1</td>
<td>0.5</td>
<td>0</td>
<td>80</td>
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<td>250</td>
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<td>Trans Fat* (mg)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Total Carb (g)</td>
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<td>2</td>
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<td>55</td>
<td>160</td>
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<tr>
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<td>80</td>
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<td>0</td>
<td>0</td>
<td>35</td>
<td>180</td>
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<td>0</td>
<td>45</td>
<td>390</td>
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<td>20</td>
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<tr>
<td>Cream of Broccoli</td>
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<td>110</td>
<td>1.5</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td>220</td>
<td>17</td>
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<tr>
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<td>1</td>
<td>0</td>
<td>5</td>
<td>210</td>
<td>17</td>
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<tr>
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<td>0</td>
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<td>0</td>
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<td>1</td>
<td>2</td>
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<td>Navy Bean</td>
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<td>0</td>
<td>0</td>
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<tr>
<td>Oriental Chicken</td>
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<td>0</td>
<td>0</td>
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<td>210</td>
<td>15</td>
<td>1</td>
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<td>0</td>
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<td>5</td>
<td>200</td>
<td>18</td>
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<td>5</td>
<td>310</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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<td>10</td>
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<td>190</td>
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<td>330</td>
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<td>50</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>11</td>
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<td>4</td>
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**Vegetables**

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<th>10% or less calories</th>
<th>480 mg or less</th>
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<tr>
<td>Broccoli</td>
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<tr>
<td>Carrots</td>
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<td>Calories</td>
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<tr>
<td>Celery</td>
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<td>Cucumber Slices</td>
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<tr>
<td>Radishes</td>
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<td>5</td>
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<tr>
<td>Pea Pods</td>
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<tr>
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<td>.5 ozw</td>
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<tr>
<td>Lettuce, Leaf (1 leaf)</td>
<td>.8 ozw</td>
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<tr>
<td>Mixed Greens</td>
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<td>Onion, Red</td>
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<td>1 ozw</td>
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<td>Tomatoes</td>
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<td><strong>Salad and/or Omelet Bar</strong></td>
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<td>Artichoke Hearts</td>
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</tr>
<tr>
<td>Beets</td>
<td>1 ozw</td>
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</tr>
<tr>
<td>Banana Peppers</td>
<td>1 ozw</td>
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<td>Cauliflower</td>
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<tr>
<td>Jalapenos (jarred)</td>
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<tr>
<td>Peas</td>
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<tr>
<td>Veggie Sticks with ranch cup</td>
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<td>30</td>
<td>1.5</td>
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<td>Black Bean Corn (part taco bar)</td>
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<td>100</td>
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### SIDES

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<th>10% or less</th>
<th>480 or less</th>
<th>Other</th>
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<td>Sat Fat (g)</td>
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</tr>
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<td>Hummus with Veggies</td>
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