

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodi m (mg)	Total Carb (g)	Dieta r Fiber (g)	Sugar (g)	Prote in (g)	Other
<u>Animal and Plant-based Proteins</u>												
	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
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	
Tuna Salad	4 oz.	160	7	1	0	50	95	3	0	1	21	
Chicken Salad	5.9 oz.	250	7	1.5	0	105	125	8	1	7	38	
Marinated Chicken (pizza)	3.5 oz	170	5	1	0	80	32	1	1	0	29	
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>Yogurt</u>												
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	
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	

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dieta r y Fiber (g)	Sugar (g)	Prote in (g)	Other
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	
<u>Cereals</u>												
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	
Kashi GOLEAN cereal	1.6 oz	130	1	0	0	0	75	26	9	5	12	
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	
<u>Bread Products (bagels, buns, waffles, pancakes, tortillas, croissants, bread, rolls)</u>												
				10% or less					2.5 grams or more	10% or less added		1st ingredient is whole grain
Whole Wheat english Muffin	2 oz	120	1	0	0	0	220	23	3	1	5	
<u>Chips, Pre-packaged Snacks</u>												

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dieta r Fiber (g)	Sugar (g)	Prote in (g)	Other
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 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
Chex Hot N'Spicy Mix	.92 oz	110	3.5	0.5	0	0	160	19	1	2	2	
Frito Lay Munchies Snack Mix	.88 oz	110	3.5	0	0	0	180	17	2	2	2	
Salted Cashews	1.5	240	19	3.5	0	0	130	13	1	2	7	
Quaker Popped Rice Crisps- Cheddar	.67oz	90	3	0	0	0	220	13	0	0	1	
Roasted & Salted Peanuts	1	160	15	2.5	0	0	90	4	2	1	8	
Raisin Almond Cashew Mix	1	120	6	0.5	0	0	0	16	1	10	3	
Honey Cashews	1.5	230	18	3	0	0	140	16	0	6	6	
Kars Roasted & Salted Sunflower Kernels	1oz	170	15	2	0	0	115	6	2	1	6	
Roasted Salted Pistachios	1 oz	160	13	1.5	0	0	120	8	3	2	6	
Salted Almonds	1 oz	170	15	1	0	0	95	6	3	1	6	
Wheat Crackers	1 oz.	35	1	0	0	0	60	5	0	0	0	
<u>Snack Bars</u>												

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dieta r y Fiber (g)	Sugar (g)	Prote in (g)	Other
<u>Daily Main Dish</u>												
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	
<u>Healthy Fats (olive oil, nuts, seeds, nut & seed butters, avocado, whole olives)</u>												
Peanut Butter	.74 oz	130	11	2.5	n/a	n/a	100	5	2	2	5	
Pureed Avocado	2 ozw.	100	9	1	0	0	0	6	4	0	2	
<u>Salad Dressings and Condiments</u>												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)			10% or less			320 mg or less			5 grams or less total		
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 oz	0	0	0	0	0	140	3	0	0	0	
salsa cups	1.5 oz	10	0	0	0	0	70	2	0	1	0	
<u>Sandwiches</u>												

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodi m (mg)	Total Carb (g)	Dieta r y Fiber (g)	Sugar (g)	Prote in (g)	Other
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
Chicken Salad on Whole Grain	11 oz	500	11	1.5	0	105	510	56	7	18	50	
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	
Da Vinci's Bacon Turkey on Ciabatta	8.3 oz	290	5	1.5	0	50	850	39	2	3	28	
Egg White Breakfast Burrito	6.4 oz	250	5	1	0	0	470	40	5	5	11	
<u>Vegetables</u>												
MHealthy Nutrition Guideline	per serving			10% or less calorie s			480 mg or less					
Veggie Sticks with ranch cup	6.9 oz	60	0	0	0	0	360	14	3	6	1	
<u>"Build Your Own"</u>												
Cucumber Slices	1 ozw	5	0	0	0	0	0	1	0	0	0	
Banana Peppers	1 ozw	10	0	0	0	0	0	2	1	1	0	
Roasted red pepper	4.6 ozw	40	0	0	0	0	310	8	2	6	1	
Pickles	1 ozw	5	0	0	0	0	270	1	0	0	0	
Lettuce, Leaf (1 leaf)	.8 ozw	5	0	0	0	0	5	1	0	0	0	
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	
<u>Pizza/Quesadilla</u>												

Menu Item	Servin g	Calori es	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Cho l (mg)	Sodiu m (mg)	Total Carb (g)	Dieta r Fiber (g)	Sugar (g)	Prote in (g)	Other
green peppers	1 ozw	5	0	0	0	0	0	1	0	1	0	
black olives	0.5 ozw	15	1.5	0	0	0	105	1	0	0	0	
mushrooms	1 ozw	5	0	0	0	0	0	1	0	1	1	
jalapenos	1 ozw	5	0	0	0	0	280	1	1	0	0	
SIDES												
Mhealthy Nutrition Guideline		250 or les	10% or less				480 or less					Contains whole grainsand/or veggies
Hummus with Veggies	7.8 oz	130	5	0.5	0	0	170	16	5	4	4	
Garden Salad (no dressing/no cheese)	9.4 oz	60	0.5	0	0	0	20	12	4	6	3	