

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
Animal and Plant-based Proteins												
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
Eggs, hard-boiled	1 large	80	5	2	0	210	140	1	0	1	6	
<u>Omelettes/Salad Bar</u>												
Garbonzo Beans	1 oz	20	0	0	0	0	39	4	1	0	1	
Chips, Pre-packaged Snacks												
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 Lays-Sour Cream & Onion	1.13 oz	140	3.5	0.5	0	0	190	24	2	3	2	2g added sugars
Kar's Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6	nut exception
Kar's Roasted & Salted Almonds	1 oz	170	16	1	0	0	5	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 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
Kar's Unsalted Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
Kar's Honey Roasted Peanuts	1 oz	170	14	2	0	0	55	7	2	4	6	

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Kar's Second Nature, Premium Duet, Almonds & Cashews	2 oz	330	29	3.5	0	0	180	14	4	3	11	
Kar's Texas BBQ Mix Nuts	1.75 oz	270	19	2.5	0	0	310	18	3	2	8	
Kar's Honey Cashews	1.5 oz	240	19	3.5	0	0	130	13	1	2	7	
Kar's Sunflower Seeds	0.8 oz	190	16	1.5	0	0	80	5	3	1	7	
Rold Gold Tiny Twist Pretzels	.7 oz	80	1	0	0	0	220	23	2	0.9	2	
Snack Bars												
MHealthy Nutrition Guideline		250 or less					no added supplements, vitamins or minerals					1st 2 ingredients must be nuts, seeds, whole fruit or whole grains
Kind Bar Dark Chocolate Cherry Cashew	1.4 oz	140	10	3	0	0	20	22	6	11	4	
Fruit												
MHealthy 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	
Raisins (salad bar)	0.5 ozw	40	0	0	0	0	0	11	1	8	0	
Daily Main Dish												

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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
Egg White Omelet	8 oz	90	0	0	0	0	150	10	3	4	11	
<u>Healthy Fats (olive oil, nuts, seeds, nut & seed butters, avocado, whole olives)</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	
<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	
Yellow Mustard	0.5 ozw.	0	0	0	0	0	140	3	0	0	0	
Fat Free Italian Pkt (used on deli)	1.5 oz	20	0	0	0	0	440	3	0	2	0	
<u>Sandwiches</u>												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			no more than 1000 mg				7 grams or more	includes fruit or vegetable
Avocado Veggie with Hummus Tweener (wheat tortilla)	8.7 oz	340	12	2	0	0	480	48	7	6	9	

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Chicken Salad Tweener (wheat tortilla)	10.2 oz	460	12	2.5	0	105	520	44	4	11	43	
Nihad's 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	
Chicken Gyro	10.5 oz	440	9	2	0	120	590	46	1	5	43	
Grilled Chicken Breast	7.6 oz	330	8	1	0	90	560	26	4	3	39	
Hummus & Fattoush Tweener	7.4 ozw	320	12	2	0	0	630	47	5	5	10	
Red Pepper Chicken Pita	7.4 oz	310	5	1.5	0	145	160	21	0	2	46	
Tuna salad Tweener (wheat tortilla)	8.3 oz	370	12	2	0	50	490	38	4	5	27	
<u>Vegetables</u>												
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	
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	
Mixed Greens	1 ozw	5	0	0	0	0	5	1	1	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	
Beets	1 ozw	10	0	0	0	0	20	3	1	2	0	