

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Soup											
Saltines	6g	28	<1	0	0	0	78	2	0		<1
Wheat crackers	7g	35	1	0	0	0	60	5	1	1	1
Sweet Tomato Soup	12 fl oz (351 g)	140	3	0	0	0	590	25	3	14	3
Three Onion Soup	12 fl oz (351 g)	130	3	0	0	0	390	19	2	8	4
Black Bean Soup	12 fl oz (362 g)	310	6	1	0	0	560	48	18	4	17
Spicy Lentil & Kale Soup	12 fl oz (351 g)	120	3	0	0	0	310	19	5	5	5
Turkey Chili	12 fl oz (361 g)	300	9	2.5	0	40	610	35	8	12	24
Lemon Garlic Chicken Soup	12 fl oz (351 g)	240	11	2.5	0	105	640	16	2	2	19
Chipotle Chicken Tortilla Soup	12 fl oz (361 g)	200	7	1	0	20	590	25	5	4	12
Salad Bar											
Banana peppers	1.6 oz.	8	0	0	0	0	448	2	0	1	0
Beets	3 oz.	30	0	0	0	0	236	6	0	3	0
Black beans	1.3 oz.	37	0	0	0	0	111	5	2.5	0	2.5
Black Olives	0.5 oz.	27	2	0	0	0	133	1	1	0	0
Broccoli	2.2 oz.	20	0	0	0	0	26	4	1	0	1
Carrot	1.4 oz.	16	0	0	0	0	28	4	1	1	0
Chicken breast strips	3 oz.	100	2.5	0.5	0	0	520	1	0	0	19
Corn	1.2 oz.	28	0	0	0	0	0	6	1	3	1

MHealthy Approved Items UH Cafe Nov 2019

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Cucumber	1 oz.	5	0	0	0	0	0	1	0	1	0
Diced Turkey Ham	2 oz.	60	1	0	0	30	390	1	0	1	12
Garbanzo beans	1.5 oz.	35	0.5	0	0	0	120	6	0	0	2
Grape tomatos	2 oz.	9	0	0	0	0	3	2	1	2	1
Grapes	1 ozw	20	0	0	0	0	0	5	0	4	0
Green peppers	1 ozw	5	0	0	0	0	0	1	0	1	0
Hard-boiled egg	1 large	80	5	2	0	210	140	1	0	1	5
Iceberg	11.3 oz.	45	0	0	0	0	32	10	3	3	4
Jalapenos	0.9 oz.	5	0	0	0	0	460	1	0	1	0
Mandarin oranges	3.8 oz.	69	0	0	0	0	8	15	0	15	1
Mushrooms	2.1 oz.	14	0	0	0	0	11	2	1	1	2
Peas	1.2 oz.	27	0	0	0	0	38	5	2	2	2
Quinoa salad	2 oz.	45	4	0	0	0	2	4	4	4	4
Red onion	1.4 oz.	16	0	0	0	0	0	4	1	2	0
Romaine	7 oz.	34	1	1	0	0	16	7	4	0	2
Spinach	3.8 oz.	18	0	0	0	0	90	4	4	0	0
Spring mix	4.4 oz.	36	0	0	0	0	53	7	2	2	4
Strawberries	1 ozw	10	0	0	0	0	0	2	1	1	0
Sunflower seeds	0.5 oz.	85	7	1	0	0	105	3	0	0	3
Turkey breast	1 oz	35	1.4	0.4	0	20	348	0.6	0.1	0.4	11
Red Pepper	1 ozw	5	0	0	0	0	0	1	0	1	0
Edamame	1 ozw	40	1	0	0	0	25	3	0	1	4
Purple Cabbage	1 ozw	9	0	0	0	0	8	2	0.5	1	0.5
Cottage cheese	4 oz.	80	1	1	0	10	442	5	0	4	14

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Salad Dressing and Condiments											
Balsamic Vinegar	1 oz.	9	0	0	0	0	0	0	0		0
Olive oil/Soybean oil blend	1 oz.	240	28	4	0	0	0	0	0	0	0
Peanut butter	0.75 oz.	120	11	2	0	0	100	5	2	2	4
Breakfast											
Hashbrowns	.5 cup	120	8	1	0	0	370	12	1	0	2
Scrambled eggs - breakfast blend	4 oz.	140	9	3	0	365	310	<1	0	0	12
Egg Whites	6 oz.	90	0	0	0	0	280	1	0	1	19
Dannon vanilla yogurt (yogurt bar)	5.3 oz	140	2	1.5	0	10	90	24	0	22	7
Quaker Oats plain oatmeal	12 oz.	220	4	1	0	0	5	41	6	1	8
Apple Cinnamon Oatmeal	12 oz.	330	4.5	1	0	0	220	69	7	28	8
Raisins	0.5 oz	40	0	0	0	0	0	11	1	8	0
Whole fruit - oranges	4.6 oz	60	0	0	0	0	0	15	3	0	1
Whole fruit - apples	5 oz	80	0.5	0	0	0	20	21	4	0	0
Whole fruit - Bananas	5 oz	110	0.5	0	0	0	30	28	3	0	1
Whole fruit - Pears	5.8 ozw	100	0	0	0	0	0	26	6	16	1
Dannon plain greek yogurt (yogurt bar)	5.3 oz	80	0	0	<5	60	6	0	0	6	15
100% Whole Wheat Bread	40g	100	1.5	0	0	0	220	19	3.5	2	4

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Yogurt- Chobani Strawberry	5.4 oz	110	0	0	0	5	65	16	<1	14	11
Yogurt- Chobani Peach	5.4 oz	110	0	0	0	5	50	16	<1	14	11
Yogurt- Chobani Raspberry	5.4 oz	120	0	0	0	5	60	17	<1	15	11
Yogurt-Yoplait- Strawberry	6 oz.	150	1.5	0	0	10	90	26	0	19	6
Yogurt- Yoplait- Blueberry	6 oz.	150	1	0	0	5	90	26	0	19	6
Yogurt- Yoplait- Mixed Berry	6 oz.	150	1	0	0	5	90	28	0	20	6
Grab n' Go											
Angie's boom chicka pop popcorn-Sea salt	1 package	170	80	1	0	0	160	24	5	0	4
Chips- Baked Tostitos tortilla scoops	28 g	120	3	0	0	0	140	22	2	0	2
Hummus Bistro Box	8.4 oz	370	22	3	0	0	740	37	8	12	8
Carrots and Celery with Dip	6 oz	94	5	1	0	10	307	11	3	7	0
Chips- Oven baked Lays - BBQ	28 g	120	3.5	0.5	0	0	160	22	1	3	2
Chips- Oven baked Lays - Original	28 g	120	3.5	0	0	0	160	22	1	2	2
Chips- Oven baked Lays - Sour cream & onion	28 g	120	3.5	0.5	0	0	170	21	1	3	2
Cottage Cheese- Blueberry	5.3 oz	120	1.5	1	0	10	320	13	0	10	16

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Cottage Cheese-Peach	5.3 oz	120	1.5	1	0	10	320	12	0	10	16
Cottage Cheese-Strawberry	5.3 oz	120	1.5	1	0	10	320	12	0	10	16
Oh Snap- Dilly Bites	1 oz	0	0	0	0	0	320	0	0	0	0
Oh Snap- Carrots	2.5oz	20	0	0	0	0	600	4	2	1	0
Oh Snap- Jalapenos	1oz	5	0	0	0	0	210	1	0	1	0
Fruit Medley	7 oz	79	0	0	0	0	28	20	0	16	0
Kar's raisin almond cashew	1/4 cup	120	6	0.5	0	0	0	16	1	10	3
Kar's roasted salted almonds	1/4 cup	170	15	1	0	95	6	3	1	6	6
Kar's roasted salted peanuts	1/4 cup	160	15	2.5	0	0	90	4	2	1	8
Kar's roasted salted pistachios	1 oz. (w/out shells)	160	13	1.5	0	0	120	8	3	2	6
Kar's Second Nature Honey Mustard Protein	1 oz.	150	12	2	0	0	140	7	3	2	7
Kar's Second Nature Nut Medley	1 oz.	180	16	1.5	0	0	0	6	2	1	5
Kar's salted cashews	1 oz	160	13	2.5	13	0	85	9	1	2	5
Kar's Sunflower kernels	1 oz.	170	15	2	0	0	115	6	3	1	6
Kar's unsalted cashews	1/4 cup	160	13	2.5	0	0	0	8	1	2	5
Pop chip - BBQ	.8 oz	100	4	0	0	0	170	15	0	2	1
Pop chip - Sea Salt & Vinegar	.8 oz	100	3.5								
Red Grapes	4 oz	77.2	0	0	0	0	2.4	20.4	1.2	17.2	0.8

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Reduced fat Doritos - Cool ranch	1 oz	130	5	1	0	0	160	19	2	1	2
Reduced fat Doritos - Nacho cheese	1 oz	130	5	0.5	0	0	200	20	2	0	2
Goldfish Crackers	1.05 oz.	140	5	1	0	10	250	20	<1	0	3
Bars- Lara Bar- Apple Pie	1 bar	200	9	1	0	0	10	25	4	18	4
Bars-Lara-Choc Chip Cookie Dough	45g (1.6 oz)	210	11	3	0	0	55	25	2	15	3
Bars- Lara- Cashew Cookie	48g (1.7 oz)	220	12	2.5	0	0	5	25	2	15	5
Bars- Lara- PB Choc Chip	45g (1.6 oz)	210	12	3	0	0	65	23	3	17	5
Bars- Lara- Cinnamon Roll	45g (1.6 oz)	200	10	1	0	0	30	24	4	18	4
Bars- Kind- Honey Roasted	40g	210	15	2	0	0	140	15	4	5	6
Bars- Kind- Cranberry Almond	40g (1.4 oz)	170	13	1	0	0	20	18	5	8	5
Bars- Kind- Fruit & Nut-Sea Salt	40g	200	13	1.5	0	0	15	17	3	7	6
Bars- Kind- Dark Choc Nut & Sea Salt	40g (1.4 oz)	180	15	3	0	0	140	16	7	5	6
Bars- Kind Raspberry Cashew & Chia	40g (1.4 oz)	190	11	1.5	0	0	15	21	3	10	5
Bars- Bob's Red Mill PB Chocolate Oat	50g (1.76 oz)	220	10	2.5	0	0	90	28	3	10	6

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Bars- Bob's Red Mill Coconut Oat	50g (1.76 oz)	230	12	6	0	0	100	25	4	9	7
Bars- Bob's Red Mill PB Apple Spice Oat	50g (1.76 oz)	210	8	1.5	0	0	100	28	3	10	7
Bars- Bob's Red Mill Peanut Butter and Jelly	50g (1.76 oz)	210	8	1.5	0	0	90	28	3	11	7
Bars- Bob's Red Mill PB Banana Oat	50g (1.76 oz)	210	9	1.5	0	0	100	28	3	10	7
Bars- That's it fruit bar Apple+Mango	30g (1.2 oz)	100	0	0	0	0	25	27	3	23	0
Bars- That's it fruit bar Apple+Banana	30g (1.2 oz)	100	0	0	0	0	30	28	4	22	1
Bars- That's it fruit bar Apple+Strawberries	30g (1.2 oz)	100	0	0	0	0	30	22	4	17	1
Bars- That's it fruit bar Apple+Pear	30g (1.2 oz)	100	0	0	0	0	15	27	3	24	1
Bars- That's it Apple+Blueberries	35g (1.2 oz)	100	0	0	0	0	5	26	3	14	1
Bars- Nature Valley Soft Baked Oatmeal Cinn	53g (1.87 oz)	220	8	1.5	0	0	180	36	4	13	3
Bars- Nature Valley Soft Baked Oatmeal PB	53g (1.87 oz)	230	10	2.5	0	0	210	32	4	14	4
Bars- Quaker Baked Flats Cranberry Almond	40g (1.41 oz)	180	7	0.5	0	0	135	27	3	11	3
Bars- Quaker Baked Flats Banana Honey Nut	40g (1.41 oz)	180	7	0.5	0	0	140	27	3	11	3
Snacks- Chex Mix Traditional	49g (1.75 oz)	220	6	1	0	0	400	38	3	4	4

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Snacks- Chex Mix Jalapeno Cheddar	49g (1.75 oz)	200	6	1	0	0	460	35	2	4	3
Snacks- Chex Mix Bold Party Blend	49g (1.75 oz)	210	6	1	0	0	350	36	3	4	4
Snacks- Chex Mix Cheddar	49g (1.75 oz)	210	6	1	0	0	380	36	2	5	3
Snacks- Cheez It Snack Mix	30g (.5 cup)	140	5	1	0	0	310	20	<1	0	3
Snacks- Stacy's Pita Chips Cinnamon Sugar	42.5g (1.5 oz)	200	8	0.5	0	0	180	30	1	8	4
Snacks- Stacy's Pita Chips Simply Naked	42.5g (1.5 oz)	200	8	0.5	0	0	410	28	1	1	5
Chips- Pop Chips Bold and Crunchy Cheddar Sour Cream	23g (.8oz)	100	4	0.5	0	0	140	16	1	<1	2
Snacks- Fig Newton	2 oz.	200	4	1	0	0	180	41	2	24	2
Snacks- Pirate's Booty Aged White Cheddar	28g (1 oz)	140	6	1	0	5	190	18	1	1	2
Crackers- Thin Wheat Inspired Organics	30g	120	3.5	0	0	0	200	22	3	3	3
Hard Boiled Eggs- Packaged	1 large	80	5	2	0	210	140	1	0	1	6
Wholly Guacamole	79	225	15	2	0	0	320	20	5	1	3
Sushi Kabar											
California dragon roll	272	360	13	2	0	5	800	56	6	7	7
Cooked smoked salmon	173	240	4.5	1	0	15	650	40	0	5	9

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Cooked smoked salmon with brown rice	223	290	7	1	0	20	520	50	4	4	11
Eel roll	173	270	8	1.5	0	40	750	43	1	7	9
Michigan jalapeno roll	173	230	2.5	0	0	20	550	38	1	5	11
Michigan jalapeno roll with brown rice	242	320	6	0	0	25	440	52	5	4	16
Red Dragon roll	244	270	4.5	0	0	55	670	45	0	5	26
Sliced avocado roll	173	190	8	1.5	0	0	310	30	5	14	2
Spicy salmon roll	173	290	10	2	0	20	610	39	1	5	10
Spicy salmon roll with brown rice	173	280	11	2	0	20	380	38	3	2	10
Tekamaki roll	166	220	5	0	0	65	690	42	0	5	10
Teriyaki chicken roll with brown rice	369	500	13	2.5	0	105	1830	66	3	21	27
Vegetable roll with brown rice	173	210	4	0	0	0	370	43	4	3	4
Volcano roll	216	310	8	1.5	0	35	900	40	0	6	16
Grill											
Grilled Chicken	5 oz.	140	3.5	1	0	70	230	0	0	0	27
Black bean burger	3.4 oz.	110	3	0	0	0	730	16	8	1	11
Turkey burger pattie	5.3 oz.	320	22	6	0	135	480	0	0	0	27
Lettuce	1 oz.	5	0	0	0	0	0	1	1	0	0
Tomato	1 oz	5	0	0	0	0	0	1	0	1	0
Red onion	1 oz	10	0	0	0	0	0	3	0	1	0

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Chicken tenders	5.9 oz. (3 pieces)	379	16	3	0	74	941	28	1.5	0	29
Farmhouse Chicken sandwich	1 each (7.6 oz)	380	12	2.5	0	75	650	37	3	10	33
Baked Potato	213g	220	0	0	0	0	25	49	5	3	6
Fruit Salad	142g	58	0	0	0	0	13	15	2	12	1
Steamed Broccoli	.5 cup	20	0	0	0	0	20	4	2	<1	1
Steamed Zucchini & Squash	.5 cup	60	5	0.5	0	0	60	4	1	3	1
Asparagus	3 oz	45	2.5	0	0	0	85	4	2	1	2
Grilled Salmon	5 oz.	180	9	1.5	0	50	160	0	0	0	22