

Getaway n Play Cafe (Children's Women's Hospitals) MHealthy Approved Items

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)
Animal and Plant-based Proteins											
MHealthy Nutrition Guideline	per 3.5 ounces		less than 10 grams	no more than 4.5 grams							
Baked Beans (Satchel's BBQ)	6 oz.	175	2.5	1	0	4	500	33	6	17	6
Chicken Breast	4 ozw.	140	3	1	n/a	70	60	0	0	0	26
Chicken Tenders	6 oz	360	14	2.5	0	90	1110	23	0	0	34
Dal Moong Wash (yellow lentils)	3 ozw.	117	7	0.5	0	0	278	10	5	1	4
Garden Burger	1 patty	148	4	3		11	526	21			7
Omelet Station: Egg Whites	3 Tbsp.	25	0	0	0	0	75	0	0	0	5
omelets/pizza											
lower sodium Turkey Breast	1 oz.	15	0	0	0	14	115	1	0	1	12
lower sodium Ham	1 oz.	35	1	0.5	0	15	115	0	0	0	5
Turkey Burger patty	3.5 ozw	150	8	2	0	70	60	0	0	0	20

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Cereals/Bread Products											
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less	0 grams		480 mg or less		2.5 grams or more		
Banana Bran Muffin	2 oz	140	4	0	0	0	120	24	3	7	4
Blueberry Muffin	2 oz	130	4	0	0	0	100	22	3	8	3
Blueberry Scone	1.5 oz	130	5	1	0	5	85	18	3	2	4
Cheerios	39 g	140	2.5	0.5	0	0	220	28	4	2	5
Chocolate Chip Muffin	2 oz	170	5	1	0	0	140	28	3	8	4
Cinnamon Raisin Pecan Scone	1.5 oz	140	5	1	0	5	80	20	3	4	5
Einstein Chocolate Chip Bagel	106 g	280	2.5	1	0	0	430	56	3	10	9
Einstein Cinnamon Raisin Swirl Bagel	106 g	270	1	0	0	0	430	58	3	12	9
Einstein Honey Whole Wheat Bagel	99 g	250	1	0	0	0	440	55	3	8	9
Einstein Power Bagel	113 g	300	5	0.5	0	0	270	58	8	17	12
Lemon Poppy Muffin	2 oz	150	4.5	0	0	0	135	25	3	6	4
Quaker Real Medleys - Summer Berry Oatmeal	1 Package	250	3	0.5	0	0	250	51	7	14	8
Raisin Bran	80 g	280	1.5	0	0	0	320	68	6	29	5
Raisin Bran Crunch	75 g	230	1	0	0	0	320	57	7	24	4
Wheat Lawash for Breakfast Burrito	1 each	120	1	0	0	0	230	16	12	0	10
Whole Wheat Bun	1 each	150	2	0.5	0	0	270	28	4	4	8

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Chips, Pre-Packaged Snacks											
MHealthy Nutrition Guideline	1		5 grams or less	1 gram or less	0 grams		no more than 480 mg				
Baked Cheetos	0.875 oz	120	4.5	1	0	0	210	17	0	<1	2
Baked Lays® BBQ	1.125 oz	140	3.5	0.5	0	0	240	24	2	4	2
Baked Lays® Original	1.125 oz	130	2	0	0	0	150	26	2	2	2
Baked Lays® Sour Cream & Onion	1.125 oz	140	3.5	0.5	0	0	240	24	2	3	2
Baked Ruffles® Cheddar and Sour Cream	0.875 oz	110	3	0	0	0	240	18	2	2	2
Doritos Reduced Fat-Nacho	1 pkg.	130	5	0.5	0	0	200	20	2	0	2
Doritos Red. Fat-Cool ranch	1 pkg.	130	5	1	0	0	160	19	2	1	2
Fat Free Fig Newtons	1 oz.	100	0	0	0	0	130	23	2	14	1
Jello cup	3.47 oz	100	0	0	0	0	45	25	0	22	0
KAR'S - Nuts - Roasted & Salted											
Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8
Almonds	1 oz	170	16	1	0	0	5	3	1	6	
Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5
Smoked Almonds	1 oz	170	16	1	0	0	95	5	3	1	6
KAR'S - Seeds & Kernels (Roasted & Salted)											
Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6
Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6
POP Chips: BBQ Potato	.8 oz	100	3	0	0	0	180	15	1	2	1
Pop Chips: Sour Cream and Onion Potato	.8 oz	100	3.5	0	0	0	160	15	1	1	2
Quakers Apple Cinnamon Rice Snacks*	1.05 oz	120	1	0	0	0	100	27	0.9	8	1
Quakers Caramel Rice Snacks*	1.05	110	0.5	0	0	0	310	26	1	9	1

*contains multiple servings per package

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Dairy											
MHealthy Nutrition Guideline	8 oz.		3 grams or	1 gram or less						less than 21 grams	
Dannon Light n Fit Yogurt - Blueberry	6 oz	80	0	0	0	<5	75	15	0	11	5
Dannon Light n Fit Yogurt - Cherry Vanilla	6 oz	80	0	0	0	<5	75	16	0	11	5
Dannon Light n Fit Yogurt - Lemon	6 oz	80	0	0	0	<5	80	15	0	11	5
Dannon Light n Fit Yogurt - Peach	6 oz	80	0	0	0	<5	75	16	0	11	5
Dannon Light n Fit Yogurt - Raspberry	6 oz	80	0	0	0	<5	75	16	0	11	5
Dannon Light 'n Fit Vanilla Yogurt (yogurt parfait bar)	4 oz	60	0	0	0	<5	60	9	0	7	4
Dannon Plain Greek Yogurt	8 oz	120	0	0	0	15	80	9	0	9	22

Desserts, Cookies, Frozen Novelties											
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)
MHealthy Nutrition Guideline	1	300 or less		4 grams or less							
Apples & Caramel	5 ozw	140	0	0	0	0	40	35	3	27	1
Blondie bar (Earthen Jar)	3oz	266	14.3	1	0	0	461	37	13	2	7
Brownie (Earthen Jar)	3oz	266	14.3	1	0	0	261	37	13	2	7
Chocolate Cake (Earthen Jar)	4.9 oz	271	1.5	0	0	97	97	67	3.5	34	3
Blue Bunny Twin Pop Popsicle	3.23 oz	70	0	0	0	0	10	18	0	13	0
Orange Sherbet Cups	3.12 oz	120	1.5	1	0	5	35	27	0	25	0
Power Bite	1 each	100	6	2.5	0	0	40	10	2	6	3

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Fruit											
MHealthy Nutrition Guideline	per serving		0 grams	0 grams							
Apple-medium	6.39 ozw	90	0	0	0	0	0	25	4	19	0
Banana-medium	4.14 ozw	110	0	0	0	0	0	27	3	14	1
Orange-medium	4.6 oz	60	0	0	0	0	0	15	3	12	1
Cantaloupe cup	7 ozw.	70	0	0	0	0	0	16	2	15	2
Grape cup	7 ozw.	140	0	0	0	0	0	36	2	31	1
Mango cup	7 ozw.	120	1	0	0	0	0	30	3	27	2
Pear-medium	6 ozw.	100	0	0	0	0	0	27	6	17	1
Pineapple cup	7 ozw.	100	0	0	0	0	0	26	3	20	1
Strawberry cup	7 ozw.	60	0.5	0	0	0	0	15	4	10	1
Watermelon cup	7 ozw.	60	0	0	0	0	0	15	1	12	1
Yogurt Parfait Bar											
Blueberries	1 ozw	15	0	0	0	0	0	4	1	3	0
Pineapple, fresh	1 ozw	14	0	0	0	0	0	4	0.5	3	0
Strawberries, fresh	1 ozw	10	0	0	0	0	0	2	1	1	0

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Main Dish											
MHealthy Nutrition Guideline	8 ozw or more	500 or less	more than 20 grams	no more than 5 grams			no more than 1000 mg				
Chef Salad (no dressing)	10.25 oz	210	10	4.5	0	55	840	9	4	4	22
Chicken Caesar Salad	7 oz	234	11	3	0	35	780	25	2	3	18
Chicken Cobb Salad (no dressing)	9.5 oz	200	8	3.5	0	130	350	8	3	5	25
Chicken Cranberry Salad (no dressing)	8.3 oz	210	6	0.5	0	40	270	20	3	12	21
Coleslaw (Satchel's BBQ)	6 oz.	139	12	2	0	6	132	7	2	5	2
Garden Salad (no dressing)	10.4 oz	60	1	0	0	0	50	12	6	5	4
Hummus & Pita (Ahmo's)	13.6 oz	500	15	2	n/a	0	580	86	12	2	18
Red Beans & Rice (Satchel's BBQ)	6 oz.	133	1	0	0	0	182	28	3	1	6
Yogurt Parfait	13 oz	380	4.5	3	0	15	240	69	2	57	17
Sushi											
California Roll (Brown Rice)	9.5 oz	310	7	1	0	0	830	53	5	7	9
California Roll (Brown Rice) w/mayo sauce	10 oz	420	19	3	0	0	910	53	5	7	9
Spicy Roll- Baby Shrimp (Brown Rice)	10 oz	370	12	2	0	100	800	49	4	6	17
Spicy Roll- Salmon (Brown Rice)	10 oz	450	16	3	0	45	610	48	4	7	25
Spicy Roll- Tuna (Brown rice)	10 oz	410	12	2	0	50	530	46	3	6	24
Vegetable Combo	9.5 oz	360	7	1	0	0	950	72	6	14	7
Vegetable Combo (Brown Rice)	9.5 oz	300	7	1	0	0	480	53	7	9	6

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Salad Dressings/Condiments											
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)		10 grams or	2 gram or less			320 mg or less				
Creamy French Dressing Packet	1.5 oz	162	15	2.5	0	<5	430	6	0	5	0
Honey Mustard Dip Cup	1.5 oz	150	11	2	0	10	210	12	0	10	0
Italian Golden Dressing Packet	1.5 oz	111	11	2	0	<5	410	2	0	2	0
Jelly	0.5 ozw	35	0	0	0	0	0	9	0	8	0
Ketchup	1 Tbsp	15	0	0	0	0	100	4	0	4	0
Light Raspberry Dressing Packet	1.5 oz	101	6	0.5	0	0	170	11	0	8	0
Light Red French Dressing	1.5 oz	101	2.5	0	0	0	430	19	0	18	0
Sandwiches											
MHealthy Nutrition Guideline	8 ozw or more	500 or less	no more than 20 grams	no more than 5 grams			no more than 1000 mg				
Breakfast Sandwich: Ham, egg & cheese	4.7 oz	220	8	3	0	40	590	27	1.5	1	10
Chicken Caesar Wrap	8.5 oz	444	17	4	n/a	40	1000	55	6	n/a	18
Chicken Pesto Wrap	9.5 oz	490	19	5	0	20	900	43	8	3	42
Kosher: Baingan Alu Wrap	10.5 ozw	280	8	0.5	0	0	430	47	10	6	7
Pulled Chicken (Satchel's BBQ)	1	380	18	5	0	85	340	26	1	4	25
Turkey on Multi-grain	8.2 oz	370	11	4	0	20	1000	38	3	5	33
Turkey Wrap	9.25 oz	380	12	3.5	0	15	730	39	8	1	33

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Side Salads											
MHealthy Nutrition Guideline			5 grams or	1 gram or less			480 mg or less				
Chicken Caesar Salad-half (no dressing)	3 oz	60	2	1	0	5	180	3	1	1	9
Garden Salad-half (no dressing)	4.2 oz	30	1	0	0	20	30	5	2	2	2
Snack Bars											
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less	0 grams		480 mg or less		2.5 grams or more		
Kashi TLC Chewy bar - Honey Almond Flax	1.2 oz	140	5	0.5	0	0	115	19	4	5	7
Kashi TLC Chewy bar-Trail Mix	1.2 oz	140	5	0.5	0	0	105	20	4	6	6
KIND bar-Fruit & Nut Delight	1	180	11	1.5	0	0	15	20	4	11	5
Kind Nut Delight bar	1	210	16	2	0	0	10	14	3	5	4
Lara Bar-Apple Pie	1	190	10	1	0	0	10	24	5	18	4
Lara Bar-Cherry Pie	1	200	8	0.5	0	0	0	30	4	23	5
Lola Granola Bar--The Ellie	1	206	9	2.5	0	0	3	29	5	15	5
Lola Granola Bar--The Lola	1	208	10	2	0	0	3	28	4	14	6
Nutrigrain Bar: Apple Cinnamon	1.3 oz	120	3	0.5	0	0	110	24	3	12	2
Nutrigrain Bar: Blueberry	1.3 oz	120	3	0.5	0	0	110	24	3	12	2
Nutrigrain Bar: Raspberry	1.3 oz	120	3	0.5	0	0	110	24	3	12	2
Nutrigrain Bar: Strawberry	1.3 oz	120	3	0.5	0	0	125	24	3	11	2
Nutrigrain Bar: Strawberry Greek Yogurt	1.3 oz	130	3.5	1	0	0	115	25	3	12	2
Pure: Apple Cinnamon	1	190	8	0.5	0	0	40	28	3	20	5
Pure: Wild Blueberry	1	190	8	0.5	0	0	5	27	3	19	6

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Soup											
MHealthy Nutrition Guideline	based on 8 oz volume		5 grams or	1 gram or less			600 mg or less				
Beef Noodle	8 ozv	80	2	0.5	n/a	16.5	67	11	1.5	n/a	6
Black Bean	8 ozv	168	3.5	0.5	n/a	0	399	27	10	n/a	9
Butternut Squash Sweet Potato Soup	8 ozv	125	3	0.5	n/a	0	247	2.5	2.5	n/a	2
Caribbean Jerk Chicken	8 ozv	151	5	1	n/a	26	341	20	3.5	n/a	8.5
Chicken Chili Verde	8 ozv	191	3	1	n/a	50	169	18	3.5	2	23
Chicken Chipotle Tortilla	8 ozv	130	4	1	n/a	20	410	16	3	2	8
Chicken and White Rice	8 ozv	110	4	1	n/a	19	260	10	1	n/a	7
Chicken Florentine	8 ozv	98	3	0.5	n/a	22	271	11	1.5	n/a	7
Chicken Vegetable Ditalini	8 ozv	119	4	1	n/a	19	313	13	2	n/a	9
Chicken Vegetable Noodle	8 ozv	126	5	1	n/a	27	301	13	1.5	n/a	8
Fiesta Bean	8 ozv	124	2	0.5	n/a	0	453	23	6	n/a	6
Lentil Potato Herb Soup	8 ozv	89	2	0.5	n/a	0	277	15	3.5	n/a	4
Lentil Tomato Garam Masala Soup	8 ozv	97	3.5	0.5	n/a	0	271	14	4.5	n/a	4.5
Mushroom Barley	8 ozv	110	4	1	n/a	13	297	13	2	n/a	6.5
Tomato Soup	8 ozv	86	2	0.5	n/a	0	257	16	2	n/a	2
Vegetable Barley Pinto Bean Soup	8 ozv	116	2.5	0.5	n/a	0	310	21	4.5	n/a	4
Vegetable Barley Soup	8 ozv	83	3	0.5	n/a	0	311	13	2	2	2

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Vegetables											
MHealthy Nutrition Guideline	per serving		5 grams or	1 gram or less			480 mg or less				
Veggies & Fat Free Ranch	8 ozw	70	0	0	0	0	480	17	4	7	2
Omelets/Pizza											
Black Olives		48	4	1	0	0	201	2	1		
Broccoli	1 ozw	10	0	0	0	0	10	1	1	0	1
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
Bell Peppers	1 ozw	5	0	0	0	0	0	1	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
Grill											
Lettuce		9	0	0	0	0	16	2	0	0	
Pickles		3	0	0	0	0	324	0	0	0	

Menu items available daily vary according to rotating menu and seasonal menu

The MHealthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-

**Please be aware that some foods contain naturally occurring trans fat. We have made every effort to remove all industrial trans fat*

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Other

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Other

healthy fat exception (up to 3 g sat. fat)
nut exception
nut exception
nut exception
nut exception
seed exception
nut exception

Getaway n Play Cafe (Children's Women's Hospitals) MHealthy Approved Items

Other

Getaway n Play Cafe (Children's Women's Hospitals) MHealthy Approved Items

Other
no added sugar

Getaway n Play Cafe (Children's Women's Hospitals) MHealthy Approved Items

Other

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Other

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Other
healthy fat exception (up to 3 g sat. fat)
nut exception
nut exception
nut exception

nut exception

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Other

Getaway n Play Cafe (Children's Women's Hospitals) MHealthy Approved Items

Other

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