



**GOOD
CHOICE**

Menu Items for UMHS Café

Beverages

Skim milk (8 oz)

soy milk

bottled water

diet soda

Aquafina Flavor Splash-Wildberry

Lipton Diet Green Tea with Citrus (20oz)

Lipton Diet White Tea with Raspberry (20oz)

Pure Leaf Iced Tea – unsweetened (16oz)

V8 (12oz)

Tropicana 100% Juice (10oz): Apple, Orange, Ruby Red Grapefruit

Breakfast Bar

Low fat cottage cheese

Low fat or fat free yogurt

Unsweetened applesauce

Fresh fruit

Barry's Sunny Grain Bagel

Oatmeal

Breakfast Sandwiches (made with Egg Beaters)

Turkey & Swiss

Turkey & Cheddar

Hot Pepper Jack

Chips, Snacks, Cookies, Snack Bars and Frozen Novelties

(meet guidelines for 1 serving)

Baked Lays

Baked Doritos

Chex Mix-Traditional*

David Sunflower Seeds*

Kashi Chewy Bar-Trail Mix

Germack Pistachio Trail Mix*

Glutino Gluten Free Organic Bars

Chocolate and banana

Chocolate and peanuts

Wildberry

Kar's Nuts

Salted Almonds (1 oz.)

Sunflower Kernels (1 oz., peanut-Free)

Salted Cashews (1 oz.)

Original Trail Mix (2 oz., unsalted)

PB&J Mix (1.5 oz.)

Strawberry PB&J (1.5 oz.)

Yogurt, Apple, Nut Mix (4 oz.)*

Nutri-grain Cereal Bars

Apple
Blueberry
Raspberry
Strawberry
Strawberry Yogurt

Planters

Smoked Almonds (1.5 oz)
Sunflower Kernels (3 oz.)*

*Contains more than one serving per package

Deli

Chicken breast
Chicken Salad
Ham Smoked Slice
Beef Roast Deli Faced
Beef Corned Flat Deli-faced
Turkey Breast
Honey Cracked Wheat Bread
Stone Ground Whole Wheat Bread
12 Grain Bread
Fresh vegetables

Side Salads

0-140 mg sodium

Fresh Fruit Cup
Melon Fruit Cup
Bali Style Fruit Salad
Tossed Green Salad
Apple Raisin Slaw
Mexican Black Bean
Mississippi Slaw
Marinated Cucumber Salad
Mexican Chopped Salad
Cumin Lime Vegetable Salad
Gazpacho Salad
Waldorf Salad
Marinated Grilled Vegetable
Mushroom and Spinach Salad
Asparagus Salad
Trinidad Pineapple
Red Beet and Citrus Salad

141-440 mg sodium

Carrot, Olive and Orange Salad
Three-Bean Salad
Asian Slaw
Barley, Cucumber and Tomato Salad
Asian Noodle Salad

Main Dishes

Allergaroo Spaghetti (8 oz. pkg.)
Allergaroo Chili Mac (8 oz. pkg.)
Chicken Caesar Salad with Fat Free Dressing
Southwestern Salad with Grilled Turkey
Thai Chicken Salad with Chili Mint Dressing

Salad Dressings

Ken's Fat Free Ranch
Ken's Fat Free Raspberry Vinaigrette
Ken's Fat Free Italian

Hummus with Veggies
Carrots, celery and fat free ranch dressing

Sandwiches

Baja Tuna Ciabatta
BBQ Onion Fried Chicken Sandwich
Buffalo Chicken Sandwich
Cajun Chicken Sandwich
California Turkey Sandwich
Chicken & Grilled Pineapple Sandwich
Chunky Chicken Salad Sandwich
Cranberry Turkey Ciabatta
Grilled Chicken Breast Supreme
Mini BBQ Turkey Sandwich
Mini Chicken Bacon Sandwich
Mini Chicken Salad Sandwich
Mini Ham Apple Honey Mustard Sandwich
Mini Mediterranean Roast Beef Sandwich
Mini Orange Thyme Chicken Sandwich
Mini Orange Thyme Turkey Sandwich
Mini Peppered Chicken Chutney Sandwich
Mini Peppered Turkey Chutney Sandwich
Mini Roast Beef and Brie Sandwich
Mini Turkey Bacon Sandwich
Orange Horseradish Turkey
Salsa Turkey
Southwest Turkey Fajita Sandwich
Trim Chili Chicken Breast Sandwich
Trim Greek Chicken Breast Sandwich
Tuna and Apple Sandwich
Tuna Apple Lavash
Turkey and Grilled Pineapple Sandwich
Veggie Panini

Grill

Marinated Chicken Breast Sandwich
Black Bean Burger
Salmon Burger on wheat bun + lettuce and tomato
Turkey Burger (with Ciabatta Bread)

Soups

Beef Noodle Soup
Black Bean Soup
Chicken Noodle Soup
Farm Fresh Veggie Beef Soup
Fiesta Bean Chili
Ginger Carrot Soup
Hearty Vegetable Rice Soup
Lentil Soup
Potato Leek
Tuscan Vegetable Soup

Sushi

Sushi from Hong Company, Inc. (sushi is for one tray/pack)

California Roll
Philadelphia Roll
Spicy Roll
Tuna Roll

Salad Bar

Vegetables

Alfalfa Sprouts	Artichokes	Beets	Black Olives
Broccoli	Carrots	Cucumbers	Lettuce
Mushrooms	Red Onion	Sliced Peppers	Spinach
Tomatoes	Yellow Peppers		

Lean Protein (3 oz. or less)

Skinless chicken breast	Kidney Beans
Chick Peas	Low Fat Cottage Cheese

Fruit

Fresh Fruit	Raisins
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Seeds (in small amounts)

Sunflower Seeds

Salad Dressings

Fat Free Ranch	Fat Free Italian
Fat Free Raspberry Vinaigrette	

Please Note: Menu items available daily vary according to rotating menu and seasonal menu