

Your



**GOOD
CHOICE**

**Guide to Eating on Campus
and in the U-M Health System**



This handy guide will help you identify **MHealthy | GOOD CHOICE** menu items available at the restaurants and cafés in the University Unions and within the U-M Health System. The foods listed meet the **MHealthy** nutrition guidelines.

New **MHealthy | GOOD CHOICE** items are frequently added to the menus. Please ask your restaurant associate about the latest additions.

MHealthy Nutrition Guidelines were created by Registered Dietitians at the University of Michigan to identify items that assist in controlling the intake of total fat, saturated fat, trans fat, cholesterol, sodium and added sugar while increasing the amount of dietary fiber. **MHealthy** Nutrition Guidelines vary by food category.

For a copy of the guidelines, visit:
www.mhealthy.umich.edu/nutritionguidelines

For more information, please visit:

www.mhealthy.umich.edu/goodchoice
www.uunions.umich.edu
www.med.umich.edu/food

Amer's Coffee House



Michigan
Union

Salads (with fat-free dressing)

Heidi's Salad
Spinach Avocado Salad
Spinach Tofu Salad
Fat-free Dressings:
Italian or Balsamic Vinegar

Sandwiches/Wraps

Hummus Wrap
Lindsey's True Grazer
White Albacore Tuna Wrap

Freshens



Michigan
Union

No Sugar Added Smoothies (21 oz.)

Mango Beach
Orange Passion
Strawberry Oasis
Strawberry Sunrise

Mrs. Fields



Michigan
Union

Nibbler Cinnamon Sugar Cookie
(1.2 oz.)

Panda Express



Michigan
Union

Veggie Spring Roll Appetizer

Entrées (with steamed rice)

Black Pepper Chicken
Broccoli Beef
Mixed Vegetables
Mushroom Chicken
Potato Chicken
String Bean Chicken or Chicken Breast

Steamed Rice Side Dish

Salads

(with fat-free dressing, without cheese & croutons)

Ham

Oven Roasted Chicken Breast

Roast Beef

Subway Club

Sweet Onion Chicken Teriyaki

Turkey Breast

Turkey Breast & Ham

Veggie Delight

Fat-free Dressings:

Italian, Ranch, Honey Mustard,
or Sweet Onion Teriyaki

Flatbread Sandwiches

(with flatbread, lettuce, tomatoes, onions, green peppers, pickles, & olives)

Oven Roasted Chicken Breast

Roast Beef

Turkey Breast

Veggie Delight

6" Sandwiches

(with 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, pickles, & olives)

Oven Roasted Chicken Breast

Roast Beef

Sweet Onion Chicken Teriyaki

Turkey Breast

Veggie Delight

Mini Sandwiches

(with 9-grain wheat bread, lettuce, tomatoes, onions, & green peppers)

Ham

Roast Beef

Turkey Breast

Veggie Delight

Snacks

Apple Slices (1 package)

Dannon Light & Fit Strawberry Yogurt

Baked! Lay's Crisps:

Original, Cheddar & Sour Cream, Sour
Cream & Onion or KC Masterpiece
Barbecue

The U-Club



Salad Bar

Banana Pepper Rings, Beets, Carrots, Cucumbers, Grape Tomatoes, Mixed & Spring Greens, Mushrooms, Peas, Red Onions

Lean Protein (3 oz. or less)

Garbanzo Beans, Grilled Chicken, Low-fat Cottage Cheese

Fresh Fruit

Salads (with fat-free dressing)

Blackened Salmon Caesar Salad
Side Salad

Fat-free Dressings:

Italian or Honey Dijon

Sandwiches

Ham Sandwich (1/2 portion)

Turkey Sandwich (1/2 portion)

Blueberry Chicken Wrap

Wendy's



Michigan
League



Michigan
Union

Salads (with fat-free dressing)

Mandarin Chicken Salad

(with almonds & crispy noodles)

Chicken Caesar Salad (with croutons)

Side Salad

Fat-free Dressing: French

Sandwiches

Ultimate Chicken Grill Fillet Sandwich

(with lettuce, tomato, & honey mustard)

Grilled Chicken Go Wrap

(with cheese or sauce)

Sides

Chili (Small)

Plain Baked Potato

Baked Potato with Broccoli (no cheese)

Baked Potato with Sour Cream & Chives

Desserts

Junior Chocolate or Vanilla Frosty

Beanster's Café



Michigan
League

Salads (with fat-free dressing)

House Salad
Hampton Salad (Small portion)
Chicken Caesar Salad
Fat-free Dressings:
Italian or Sesame Ginger

Snacks

Apples, Bananas
Fresh Fruit Cup
Dannon Light & Fit Yogurt:
*Blueberry, Peach, Raspberry, or
Strawberry*
Baked! Lay's Crisps:
Original or Sour Cream & Onion

Taco Bell



Michigan
League

Burritos

Fiesta Steak Burrito

Tacos

Fresco Beef Soft Taco
Fresco Ranchero Chicken Soft Taco
Fresco Grilled Steak Soft Taco

Bert's Café

Shapiro Library

Salads (without dressing)

Asian Chicken Salad
Bert's House Salad

Sandwiches

Veggie Wrap

Mediterranean Fare

Hummus & Pita Bread

Fruit

Apples
Bananas
Oranges



Beanster's Café



Breakfast

Kashi Honey Toasted Oat Cereal
Kashi GoLean Original Cereal

Salads (with fat-free dressing)

House Salad
Hampton Salad (Small portion)
Chicken Caesar Salad
Fat-free Dressings:
Italian or Ranch

Sandwiches

Greek Hero Wrap
Hummus & Pita Bread
Tabouli & Pita Bread

Snacks

Apples, Bananas, Oranges
Dannon Light & Fit Yogurt:
*Blueberry, Cherry Vanilla, Lemon Chiffon,
Raspberry, Strawberry-Banana, Peach,
Strawberry, or Vanilla*
Flat Earth Baked Veggie Crisps:
Tangy Tomato Ranch or Farmland Cheddar

Panda Express



Veggie Spring Roll Appetizer

Entrées (with steamed rice)

Black Pepper Chicken
Broccoli Beef
Mixed Vegetables
Mushroom Chicken
Potato Chicken
String Bean Chicken or Chicken Breast

Steamed Rice Side Dish



Salad Bar

Banana Pepper Rings, Beets, Black or Green Olives, Broccoli, Carrots, Cucumbers, Grape Tomatoes, Green Peppers, Mixed and Spring Greens, Mushrooms, Red Onions

Lean Protein (3 oz. or less):

Beans: Garbanzo, Red, Kidney

Ham, Turkey, Tofu

Raisins

Peanuts, Sunflower Seeds (small amount)

Salads (with fat-free dressing)

Chicken Caesar Salad

Fat-free Dressings:

Sun Dried Tomato Basil Vinaigrette or

Italian

Turkey Sandwich (without cheese)

Snacks

Dannon Light & Fit Yogurt:

Blueberry, Lemon Chiffon, Peach, or Strawberry

Dannon 99% Fat-free Yogurt:

Blueberry or Peach

Baked! Lay's Original Crisps

Fig Newtons (2 oz.)

Breakfast Sandwich - Garden Vegetable (without dressing or cheese)

Subs (small, without cheese)

Black Angus
Mesquite Chicken with Bacon
Traditional
Veggie

Subs (small, with cheese)

Honey Bourbon Chicken
Honey Cured Ham & Swiss
Oven Roasted Turkey & Cheddar
Roast Beef & Cheddar
Turkey, Ranch, & Swiss

Snacks

Baked! Lay's Potato Crisps:
Original and KC Masterpiece Barbecue

Fat-free Dressing:

Balsamic Vinaigrette

Sandwiches

Turkey & Swiss Sandwich

Snacks

Apples, Bananas, Oranges
Fresh Fruit Parfait
Fresh Grape Parfait
Stonyfield Farm Organic Low Fat Yogurt:
Vanilla or Strawberry
Kashi Bars:
*Honey Almond Flax, Peanut Peanut Butter,
Trail Mix*
100-Calorie Pack Cheese Nips
100-Calorie Pack Chips Ahoy

Breakfast

Low-fat Cottage Cheese
Low-fat or Fat-free Yogurt
Unsweetened Applesauce
Oatmeal

Menu Items
Rotate Daily

Breakfast Sandwiches (made with Egg Beaters)

Turkey & Swiss, Turkey & Cheddar, Turkey & Pepper Jack

Salads

Apple Raisin Slaw
Asian Noodle Salad
Barley, Cucumber and Tomato Salad
Cumin Lime Vegetable Salad
Gazpacho Salad
Hummus with Veggies & Pita
Marinated Cucumber Salad
Marinated Grilled Vegetable
Southwestern Salad with Grilled Turkey
Thai Chicken Salad with Chili Mint Dressing
Three-Bean Salad
Trinidad Pineapple

Soups (8.75 oz. portion)

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

Sushi Rolls

California, Philadelphia, Spicy or Tuna

Sandwiches

Mini Chicken Bacon Sandwich
Mini Peppered Chicken Chutney
Mini Roast Beef & Cheddar
Turkey Cranberry Ciabatta
Peanut Butter & Diet Jelly on 12-Grain bread

Deli, Grill, and Salad Bar

See MHealthy|GOOD CHOICE sign for approved items.

Snacks

Carrots & Celery Sticks with Fat-free Ranch
Kashi Chewy Bars
Nutri-Grain Cereal Bars



University Hospital Café

Breakfast Bar

Low-fat Cottage Cheese
Low-fat or Fat-free Yogurt
Unsweetened Applesauce
Fresh Fruit
Barry's Sunny Grain Bagel
Oatmeal

**Menu Items
Rotate Daily**

Breakfast Sandwiches (made with Egg Beaters)

Turkey & Swiss, Turkey & Cheddar, Turkey & Pepper Jack

Salad Bar

All Vegetables, Fresh Fruit, Raisins
Lean Protein (3 oz. or less):
Chickpeas, Kidney Beans, Low-fat Cottage Cheese, Skinless Chicken Breast
Sunflower Seeds (small amount)

Salad

Apple Raisin Slaw
Asian Noodle Salad
Barley, Cucumber, and Tomato Salad
Chicken Caesar Salad with Fat-free Dressing
Cumin Lime Vegetable Salad
Gazpacho Salad
Hummus with Veggies & Pita
Marinated Cucumber Salad
Marinated Grilled Vegetables
Southwestern Salad with Grilled Turkey
Thai Chicken Salad with Chili Mint Dressing
Three-Bean Salad
Trinidad Pineapple

Sushi Rolls

California, Philadelphia, Spicy or Tuna

Made to Order Deli Sandwiches

(on whole grain breads with fresh vegetables)

Chicken Breast
Chicken Salad
Corned Beef
Ham
Roast Beef
Turkey Breast

Sandwiches

Baja Tuna Ciabatta
Cajun Chicken
Chicken & Grilled Pineapple
Chunky Chicken Salad
Cranberry Turkey Ciabatta
Grilled Chicken Breast Supreme
Mini BBQ Turkey
Mini Chicken Bacon
Mini Ham Apple Honey Mustard
Mini Mediterranean Roast Beef
Mini Orange Thyme Chicken or Turkey
Mini Peppered Turkey Chutney
Mini Roast Beef & Brie
Orange Horseradish Turkey
Salsa Turkey
Southwest Turkey Fajita
Trim Chili Chicken Breast
Trim Greek Chicken Breast
Tuna & Apple
Turkey & Grilled Pineapple
Veggie Panini
Grill:
Marinated Chicken Breast Sandwich
Black Bean Burger
Salmon Burger
Turkey Burger

Soups (8.75 oz. portion)

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

Snacks

Carrot & Celery Sticks with Fat-free Ranch
Baked! Lay's Original Crisps or Baked Doritos
Traditional Chex Mix (1 serving of multiple servings pkg.)
David Sunflower Seeds (1 serving of multiple servings pkg.)
Kashi Trail Mix Chewy Bar
Germack Pistachio Trail Mix (1 serving of multiple servings pkg.)
Nutri-Grain Cereal Bars
Kar's Nuts:
Salted Almonds (1 oz.)
Peanut-free Sunflower Kernels (1 oz.)
Salted Cashews (1 oz.)
Unsalted Original Trail Mix (2 oz., unsalted)
PB&J Mix or Strawberry PB&J (1.5 oz.)
Yogurt, Apple, Nut Mix (1 serving of multiple servings pkg.)
Planters:
Smoked Almonds (1.5 oz.)
Sunflower Kernels (3 oz.)

Atrium Healthy Heart Café *

Breakfast

Dannon Low-fat Yogurt
Fresh Fruit
Fresh Fruit Cup
Kashi Heart to Heart Cereal
Kashi Go Lean Cereal
Lucky Heart Muffin
Oatmeal
Yogurt Parfait

Menu Items
Rotate Daily

Salads

Apple Raisin Slaw
Asian Noodle Salad
Asian Slaw
Asparagus Salad
Bali Style Fruit Salad
Barley, Cucumber, & Tomato Salad
Caesar Chicken Salad with Fat-free Mayo
Carrot, Olive, Chive, & Orange Salad
Cumin Lime Vegetable Salad
Gazpacho Salad
Marinated Cucumber Salad
Marinated Grilled Vegetables
Mexican Black Bean
Mexican Chopped Salad
Mississippi Slaw
Mushroom and Spinach Salad
Thai Chicken Salad with Chili Mint Dressing
Tossed Green Salad
Trinidad Pineapple
Three-Bean Salad
Waldorf Salad

Soups (8.75 oz. portion)

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

Sushi Rolls

California, Philadelphia, Spicy or Tuna



* For a copy of the CVC Approved Menu items, visit:

www.aramarkcafe.com/pdf/umich/MFitItemsCVCCafeNutritionInfo.pdf

Sandwiches

Chicken Fruit Salad Wrap
Grilled Vegetable Wrap
Orange Thyme Chicken
Tuna Salad on 12-Grain Bread
Traditional Chicken
Ope's Organic Stuffed Sandwiches
Atrium Garden Fresh Ham
Atrium Garden Fresh Turkey Breast
Blackened Salmon
Egg Salad on Whole Grain
Grilled Italian Chicken
Key West Chicken Caliente
Monterey Chicken
Portabello Spinach Ciabatta
Peanut Butter & Diet Jelly Sandwich on 12-Grain Bread
Salsa Turkey
Sparta Ciabatta
Southwest Chicken Sandwich
Tuna Apple Lavash Wrap
Turkey & Cranberry Ciabatta

Snacks

Baked! Lays Original Crisps
California Suncakes: *Cranberry or Chocolate Chip Orange*
(1 serving of multiple servings pkg.)
Dr. Kracker:
 Pumpkin Cheese (.45 oz.)
 Klassic 3 Seed (1 oz.)
 Seeded Spelt (.45 oz.)
Heart Thrive Bars (1 serving of multiple servings pkg.)
Kardea Bars
Kashi Chewy Bars
Kar's Nuts:
 Salted Almonds (1 oz.)
 Peanut-free Sunflower Kernels (1 oz.)
 Salted Cashews (1 oz.)
 Unsalted Original Trail Mix (2 oz.)
 PB&J Mix (1.5 oz.)

Desserts

CVC Chocolate Walnut Cupcakes
Kathy's Carrot Cake
Marathon Morsels
Peanut Butter Oatmeal Chewies
Ope's Organic Oatmeal Applesauce Cookies:
 Banana Nut, Chocolate Chip, Chocolate Chip Walnut,
 Classic, Ginger, Raisin
Super Chocolate Chip Cookies

Einstein Bros. Bagels

Bagels (with hummus or lox, no cream cheese)

Chocolate Chip
Cinnamon Raisin Swirl
Cinnamon Sugar
Honey Whole Wheat
Wild Blueberry

Breakfast Sandwiches

Omelet (with egg substitute):
Cheddar Sausage or Spinach, Tomato & Provolone
Omelet (with egg substitute, no cheese):
Bacon or Ham

Sandwiches (with original sauce or spread)

Albacore Tuna on Artisan Wheat (1/2 portion)
Kid's Peanut Butter & Jelly

Sandwiches (without original sauce, spread, or cream cheese)

Deli Ham & Cheese (1/2 portion)
Deli Turkey & Cheese (1/2 portion)
Roasted Veggie Wrap
Veg Out on Sesame Seed Bagel

Soup

Turkey Chili

Snacks

Apples, Bananas, Oranges
Fruit & Yogurt Parfait
Fresh Fruit Cup
Marshmallow Crispy Treat
Unsweetened Applesauce Cup