



Harris Health Café



General Items Available *

- Tuna Salad Sandwich
- Chicken Salad Sandwich
- Chef Salad
- Chicken Caesar Salad
- Spinach and Egg Salad

Chicken Salad

(recommended as a meal with garden tossed salad & fruit or crackers)

Tuna Salad

(recommended as a meal with garden tossed salad & fruit or crackers)

Salad Bar

(Recommend filling half or more with vegetables, light cheese, lean or plant-based protein, no more than 2 Tbs low sodium salad dressing)

Bento Boxes

Choose Healthier Criteria: Meals

- No more than 700 calories
- No more than 1000 mg sodium per serving
- No more than 5% DV saturated fat per serving
- Vegetables with every hot meal
- No Fried Food

Choose Healthier Criteria: Sides

- No more than 200 calories
- No more than 300 mg sodium per serving
- No more than 5% DV saturated fat per serving
- Zero grams trans fat
- No candy or regular chips

- Bottled Water
- Yogurt Parfait
- Hard-boiled Eggs
- Fresh Fruit
- Fresh Fruit Cup

(mixed, grapes, watermelon, cantaloupe)

- Garden Tossed Salad
- Spinach & Fruit Salad

Dannon Oikos Fat Free Greek Yogurt

*Items will vary by location and from one week to the next. This list and criteria are subject to change.