

Question / Consideration	Answer
Does everything have to be pre-portioned, or can it be served from a pan to a plate?	Pan to Plate – Discover has equipped the space with heating / proofing boxes, a crescor oven, heated wells and a re-thermalizer to ensure food remains ready to serve
What kind of food is expected to be sold?	We'd love to feature what you're known best for, while providing healthy options for our employees (example criteria below)
Allergies / Dietary Considerations	Today, we offer a variety of entrees that are vegan, vegetarian or consider potential allergies of employees

**Other Services / Items Already On-Site / Provided**

- Drinks / Snacks / Grab N Go items – micro market area stocked by Sodexo
- Coffee – Keurig / brewers in office area
- Consumables – plates, utensils, napkins, etc
- POS / Registers
- Food Safety / Testing equipment

Mindful Nutrient Criteria							
	Kcal	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Other
<b>Plates</b> (contain at least 1 serving from each: protein, starch, veg/fruit)	≤ 600	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 800mg	≥ 3g fiber
<b>Entrées</b> (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	≤ 550	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 700mg	
<b>Sides</b>	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 5mg	≤ 300mg	
<b>Soups</b> (8 oz.)	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 25mg	≤ 700mg	
<b>Desserts and Snacks</b> (OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein)	≤ 200	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 20mg	≤ 300mg	≥ 1g fiber