



**Choose water-
the naturally nurturing
drink. It's free, healthy,
and calorie-free.**

VISION | SHIP | *Statewide Health Improvement Program*
MINNESOTA'S
A Better State of Health

Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!



Meal	Amount	Calories
Minute Maid Orange Juice	8 oz	110
Oatmeal	1 cup	200
Apple sauce (Mott's)	4 oz cup	100
Total Calories		410

