



# Nutritional Information For Salad Bar

Menu Option	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (g)	Potassium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Greens</b>												
Romaine Lettuce	1 head	106	17	2	0	0	50	1550	21	13	7	8
Spring Mix Lettuce	2 c	15	0	0	0	0	65	0	4	2	0	1
Baby Spinach	2 3/4 c	20	0	0	0	0	80	560	3	2	0	2
<b>Vegetable Toppings</b>												
Bean Sprouts	12 oz	102	5	0.5	0	0	20	510	20	6	14	10
Broccoli	1 stalk	51	5	0.5	0	0	50	480	10	4	3	4
Carrots	1 ea	5	0	0	0	0	10	35	1	0	1	0
Cauliflower	3 oz	20	0	0	0	0	25	260	4	2	2	2
Celery	1 stalk	14	2	0	0	0	80	260	3	2	2	1
Cucumber	1/2 c	8	1	0	0	0	0	75	2	0	1	0
Mushrooms	1 ea	2	0	0	0	0	0	30	0	0	0	0
Red Onion	1 TBSP	4	0	0	0	0	0	15	1	0	0	0
Green Peas	2/3 c	70	0	0	0	0	200	0	12	4	4	5
Pepper Bell	1 c	18	1	0	0	0	0	160	4	2	2	1
Radish Red	1 c	19	1	0	0	0	45	270	4	2	2	1
Tomatoes	1 ea	11	1	0	0	0	0	150	2	1	2	1
<b>Beans &amp; Seeds</b>												
Bean Garbanzo	1 c	210	27	3	0	0	390	0	34	7	1	11
Bean Kidney	1/2 c	110	0	0	0	0	360	0	19	6	2	7
Seed Sunflower	1 c	821	642	71	7	0	0	990	27	15	4	33
<b>Dried Fruit</b>												
Cranberries	1/3 c	123	5	0.5	0	0	0	15	33	2	26	0
Raisins	1/2 oz	42	1	0	0	0	0	105	11	0	8	0
<b>Meat and Dairy</b>												
Cheese Ched Shred	1 oz	120	90	10	7	0	30	190	0	0	0	7
Cheese Imit Shred	1/3 c	96	68	7	1.5	0	470	0	1	0	0	5
Diced Egg	1/2 c	80	45	5	2	215	130	0	1	0	1	6
Ham Diced	2 oz	60	18	2	1	25	580	170	0	0	0	9
Turkey Diced	2 oz	50	0	0	0	20	400	0	1	0	0	10
<b>Dressings</b>												
Blue Cheese Lite	2 TBSP	50	18	2	0	0	290	0	6	0	2	0
Ranch	2 TBSP	150	135	15	2.5	0	270	0	2	0	2	0
Ranch Fat Free	2 TBSP	40	0	0	0	0	340	0	10	0	3	0
French	2 TBSP	110	99	11	1.5	0	240	0	4	0	3	0
French Fat Free	2 TBSP	50	0	0	0	0	250	0	12	0	10	0
Italian	2 TBSP	100	90	10	1.5	0	470	0	3	0	2	0
Italian Fat Free	2 TBSP	14	0	0	0	0	310	10	4	0	2	0
Oil and Vinegar	2 TBSP	50	32	3.5	0.5	0	440	0	5	0	3	0
Raspberry Vin Fat Free	2 TBSP	35	0	0	0	0	170	0	9	0	8	0

Raspberry Vinaigrette	2 TBSP	35	9	0	0	0	170	0	5	0	0	0
Roasted Tomato	2 TBSP	35	14	1.5	0	0	350	0	5	0	3	0
1000 Island	2 TBSP	925	789	88	13	65	2160	270	37	2	38	3
<b>Other Toppings/Sides</b>												
Cracker Wheat	1 ea	35	18	2	0	0	50	0	5	0	0	0
Dinner Roll	1 ea	100	9	1	0	0	170	0	20	1	1	3
Bacon Bit	1 TBSP	30	9	1	0	0	125	0	2	1	0	3
Crouton Plain	6 ea	30	9	1	0	0	45	0	5	0	0	1
Noodle Chow Mein	1/2 c	140	54	6	2	0	220	0	19	0	0	3
Onion Fried	2 TBSP	45	32	3.5	1	0	60	0	3	0	0	0

**Information listed is subject to change without notice**

