

Lunch salad bar



Lunch - Salad Bar - Dressings													
1000 Island Dressing	1 floz	1.06oz	110	10	1.5	0	5	5	5	less than 5 milligrams	0	0	280
Balsamic Vinaigrette Dressing	1 floz	1.04oz	60	4.5	0	0	5	4	4	0	0	0	190
Balsamic Vinegar	1 floz	1.05oz	25	0	0	0	5	4	-	-	0	-	5
Blue Cheese Dressing	1 floz	1.08oz	160	16	3.5	0	1	1	0	15	0	0	270
Blue Cheese Dressing	1 floz	1.08oz	160	16	3.5	0	1	1	0	15	0	0	270
Cider Vinegar	1 floz	1.05oz	5	0	0	0	0	0	-	0	0	0	0
Creamy Caesar Dressing	1 floz	1.04oz	150	16	2.5	0	1	0	0	0	1	0	280
Fat Free 1000 Island Dressing	1 floz	1.2oz	40	0	0	0	9	5	-	0	0	0	280
Fat Free Blue Cheese Dressing	1 floz	1.17oz	40	0	0	0	8	2	-	0	less than 1 gram	less than 1 gram	270
Fat Free California French Dressing	1 floz	1.13oz	40	0	0	0	9	7	6	0	0	less than 1	330
Fat Free Italian Dressing	1 floz	1.06oz	15	0	0	0	3	2	less than 1	0	0	0	470
Fat Free Ranch Dressing	1 floz	1.05oz	30	0	0	0	7	3	2	0	0	less than 1	370
Fat Free Raspberry Dressing	1 floz	1.06oz	30	0	0	0	8	7	7	0	0	0	75
French Dressing	1 floz	1.06oz	120	11	1.5	0	5	5	5	0	0	0	250
Greek Feta Dressing	1 floz	1.13oz	100	10	1.5	0	2	1	1	5	0	0	280
Honey Mustard Dressing	1 floz	1.06oz	130	12	2	0	7	6	6	15	0	0	160
Italian Dressing	1 floz	1.06oz	110	12	2	0	2	2	2	0	0	0	270
Light Ranch Dressing	1 floz	1.06oz	80	8	1	0	2	less than 1 gram	0	10	less than 1 gram	0	270
Olive Oil	1 floz	0.95oz	240	27	3.5	-	0	0	-	0	0	0	0
Poppyseed Dressing	1 floz	1.06oz	130	11	1.5	0	9	8	8	15	0	0	220
Ranch Dressing	1 floz	1.06oz	140	15	2	0	1	1	1	10	0	0	190
Red Wine Vinegar	1 floz	1.05oz	5	0	0	0	0	0	-	-	0	0	0
Sesame Dressing	1 floz	1.06oz	110	9	1.5	0	6	6	-	0	0	0	280

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Item Name	Portion Size	Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Salad Bar - Cheese													
Blue Cheese Crumbles	1 tbsp	0.3oz	30	2.5	1.5	-	0	0	-	5	2	0	95
Crumbled Feta Cheese	1 tbsp	0.33oz	25	2	1	-	0	0	-	10	1	0	105
Shredded Cheddar Cheese	1 tbsp	0.25oz	30	2.5	1.5	-	0	0	-	5	2	0	45
Shredded Mozzarella Cheese	1 tbsp	0.25oz	20	1.5	1	0	0	0	-	less than 5 milligrams	2	0	45
Shredded Parmesan Cheese	1 tbsp	0.18oz	20	1.5	1	-	0	0	-	less than 5 milligrams	2	0	85

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Lunch - Salad Bar - Fruit													
Blackberries	1/4 cup	1.27oz	15	0	0	0	3	2	-	0	less than 1 gram	2	0
Blueberries	1/4 cup	1.24oz	20	0	0	0	5	4	-	0	0	less than 1	0
Cubed Cantaloupe	1/4 cup	1.41oz	15	0	0	0	3	3	-	0	0	0	5
Cubed Honeydew	1/4 cup	1.5oz	15	0	0	0	4	3	-	0	0	0	10
Cubed Pineapple	1/4 cup	1.46oz	20	0	0	0	5	4	-	0	0	less than 1	0
Cubed Watermelon	1/4 cup	1.04oz	10	0	0	0	2	2	-	0	0	0	0
cut fruit	1/4 cup	1.5oz	20	0	0	0	5	4	-	0	0	less than 1	0
Diced Apples	1/4 cup	1.1oz	15	0	0	0	4	3	-	0	0	less than 1	0
Green Seedless Grapes	1/4 cup	1.41oz	30	0	0	0	7	6	-	0	0	0	0
Mandarin Orange Sections	1/4 cup	2.11oz	20	0	0	0	6	5	-	0	0	0	0
Mango	1/4 cup	1.46oz	25	0	0	0	6	6	-	0	0	less than 1	0
Raspberries	1/4 cup	1.08oz	15	0	0	0	4	1	-	0	0	2	0
Red Seedless Grapes	1/4 cup	1.39oz	25	0	0	0	7	6	-	0	0	0	0
Sliced Strawberries	1/4 cup	1.46oz	15	0	0	0	3	2	-	0	0	less than 1	0

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Lunch - Salad Bar - Composed Salads													
broccoli bacon salad	1/4 cup	2.42oz	50	2	0	0+	8	4	0+	less than 5 milligrams	2	2	80
caprese pasta salad	1/4 cup	1.53oz	50	2	0.5	0+	7	1	less than 1 gram+	less than 5 milligrams+	2	less than 1 gram	95
citrus almond rice salad	1/4 cup	1.89oz	90	3	0	0+	14	3	0+	0	1	less than 1	25
creamy cucumber dill salad	1/4 cup	1.28oz	10	0.5	0	0+	less than 1 gram	0+	-	less than 5 milligrams	0	0	35
cucumber peanut salad	1/4 cup	1.18oz	15	0.5	0	0+	2	1	-	0	0	0	100
cucumber tomato salad	1/4 cup	2.45oz	60	5	0	0	3	1	-	0+	0	less than 1	30
curried carrot salad	1/4 cup	1.37oz	100	8	1	0+	7	5	0+	less than 5 milligrams	0	1	95
Dijon Roasted Potato Salad	1/4 cup	1.72oz	70	3.5	0	0+	7	less than 1	0+	15	1	less than 1	170
greek pasta salad	1/4 cup	1.45oz	60	3	0.5	0+	7	0	0+	less than 5 milligrams+	2	less than 1 gram	90
jalapeno spiked slaw	1/4 cup	2.55oz	50	3.5	0.5	0	4	2	0+	less than 5 milligrams	less than 1 gram	1	110
lima bean, bacon, and walnut salad	1/4 cup	3.22oz	160	10	3.5	0+	13	5	0+	15	7	3	330
loaded potato salad	1/4 cup	1.89oz	90	5	1.5	0+	8	less than 1	0+	10	2	less than 1	210
marinated chickpeas	1/4 cup	1.66oz	110	6	0	0	11	2	0+	0+	3	3+	210
marinated mushroom salad	1/4 cup	2.07oz	60	5	0	0	3	1+	-	0	1	less than 1	10
Marinated Olive Salad	1/4 cup	1.4oz	60	6	0.5	0	2	0+	0+	0	0	less than 1	270
Roasted Curry Cauliflower Salad	1/4 cup	1.15oz	60	4.5	0	0	5	3	-	0	less than 1 gram	less than 1 gram	45
Roasted Vegetables	1/4 cup	1.92oz	35	2.5	0	0	3	2+	-	0	less than 1 gram	less than 1 gram	30
southern cornbread salad	1/4 cup	1.15oz	110	10	2.5	0+	4	2	0+	15	less than 1 gram	0	120
southwest orzo salad	1/4 cup	1.68oz	45	1	0	0+	7	less than 1	0+	5	2	1+	30
stir-fry style vegetable blend	1/4 cup	1.67oz	20	0	0	0	4	2+	0+	0	1	1	20
sweet & sour cucumber salad	1/4 cup	1.19oz	40	4	0	0+	1	less than 1	-	0	0	0	25
Sweet Potato Apple Salad	1/4 cup	1.83oz	80	4.5	0	0+	11	5	0+	0	less than 1 gram	1	50

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Lunch - Salad Bar - Composed Grains													
asparagus grain mint salad	1/4 cup	0.84oz	40	2	0	0+	4	0+	0+	0	less than 1 gram	less than 1 gram	35
Black Barley Greek Salad	1/4 cup	1.54oz	60	2.5	0.5	0+	8	0	-	less than 5 milligrams	2	2	65
Black Barley Thai Salad	1/4 cup	3.16oz	50	0	0	0+	11	3	2+	0	1	2	95
creamy caviar medley salad	1/4 cup	1.99oz	50	1.5	0	0+	9	less than 1	0+	0	2	1	95
curry caviar apple salad	1/4 cup	1.02oz	25	0	0	0+	6	2	0+	0	0	less than 1	25
farmstand quinoa salad	1/4 cup	2.13oz	80	3.5	1	0+	11	2+	0+	less than 5 milligrams	3	2	115
Farro and Edamame Garden Salad	1/4 cup	2.3oz	50	1	0	0+	8	1	0+	0	2	2	40
Greek Farro Salad	1/4 cup	2.16oz	60	3.5	0.5	0+	7	less than 1	0+	0	2	less than 1	75
quinoa potato salad	1/4 cup	1.63oz	60	2	0	0+	10	2+	0+	0	1	less than 1	95
Southwest Wheat Couscous Salad	1/4 cup	2.25oz	80	2.5	0	0+	12	less than 1	0+	0	2	2	30
spicy peanut golden jewel blend	1/4 cup	1.32oz	60	3	0	0+	7	less than 1	0+	0	2	less than 1	35
Strawberry Waldorf Salad with Walnuts	1/4 cup	2.25oz	90	4	0.5	0+	12	3	0+	less than 5 milligrams	1	1	65
Sun-Dried Tomato Pesto Couscous Salad	1/4 cup	2.03oz	80	2.5	0	0	13	1+	0+	0	3	1	70
Sweet Potato Barley Pecan Salad	1/4 cup	2.92oz	60	1	0	0+	12	4	0+	0	2	2	110
Thai Spinach & Pearl Couscous Salad	1/4 cup	0.88oz	25	0	0	0	5	2	1+	0	less than 1 gram	0	45
Tomato Basil Wheat Berry Bean Salad	1/4 cup	3.39oz	100	4.5	0	0	12	less than 1 gram	0+	0	3	3	135
Tropical Red Quinoa Salad and Pecans	1/4 cup	1.99oz	80	3	0	0+	12	2+	0+	0	3	1	60
wheat berry and black bean salad	1/4 cup	3.48oz	100	4.5	0	0+	12	0	0+	0	3	3	150
Wheat Couscous Curry Carrot Salad	1/4 cup	1.78oz	70	2.5	0	0+	11	3	0+	0	2	1	10

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Lunch - Salad Bar - Grains & Legumes													
Ancient Grain Blend	1/4 cup	1.29oz	40	0	0	0	8	0	0	0	2	1	0
black barley	1/4 cup	4.15oz	70	0	0	0+	14	0	0+	0	2	3	5
Black Beans	1/4 cup	1.52oz	40	0	0	0	7	0	-	0	3	3	60
black quinoa	1/4 cup	1.77oz	60	0	0	0	12	less than 1	0	0	2	2	0
Chick Peas	1/4 cup	1.45oz	70	1	0	0	11	2	-	0	4	3	100
Dark Red Kidney Beans	1/4 cup	1.56oz	35	0	0	0	7	less than 1	-	0	2	2	50
Edamame	1/4 cup	1.04oz	35	1.5	0	0	3	less than 1	-	0	4	2	0
farro	1/4 cup	2.06oz	60	0	0	0	12	0	0	0	3	1	15
freekeh	1/4 cup	1.41oz	50	0	0	0	10	0	0	0	2	2	0
Golden Jewel Blend	1/4 cup	1.51oz	60	0	0	0	11	less than 1	0	0	2	less than 1	0
hummus	2 tbsp	0.99oz	70	3.5	0	0	7	1	0	0	3	2	140
kamut blend	1/4 cup	1.93oz	60	0	0	0	11	0	0	0	2	3	0
lentils	1/4 cup	1.77oz	60	0	0	0	10	less than 1	0+	0	5	4	0
mediterranean hummus	2 tbsp	1.06oz	70	4	0.5	0	7	1	-	0	3	2	260
red quinoa	1/4 cup	1.77oz	60	1	0	0+	10	0+	0+	0	2	1	0
roasted red pepper hummus	2 tbsp	1oz	60	3	0	0	7	less than 1	-	0	2	2	170
tri-color quinoa	1/4 cup	1.77oz	60	0.5	0	0	12	1	0	0	2	1	0
wheat berries	1/4 cup	3.45oz	60	0	0	0	13	0	0	0	3	3	0
Whole Wheat Couscous	1/4 cup	2.19oz	80	0	0	0	16	0	0	0	3	2	0
wild rice	1/4 cup	1.49oz	40	0	0	0+	8	0	0+	0	2	less than 1	0

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Lunch - Salad Bar - Greens													
Baby Arugula	1 cup	0.71oz	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	5
Baby Spinach	1 cup	1.06oz	5	0	0	0	1	0	-	0	less than 1 gram	less than 1 gram	25
Chopped Boston Bibb Lettuce	1 cup	1.92oz	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Chopped Iceberg Lettuce	1 cup	2.01oz	10	0	0	0	2	1	-	0	less than 1 gram	less than 1 gram	5
Chopped Kale	1 cup	2.36oz	25	1	0	0	3	less than 1	-	0	2	3	35
Chopped Romaine Lettuce	1 cup	1.66oz	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
chopped salad lettuce mix	1 cup	0.93oz	5	0	0	0	1	0	-	0	less than 1 gram	less than 1 gram	10
Lettuce Blend	1 cup	1.37oz	5	0	0	0	1	0	-	0	0	less than 1	0
Romaine Blend	1 cup	1.56oz	10	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Spring Mix	1 cup	1.94oz	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Lunch - Salad Bar - Proteins													
2% Cottage Cheese	1/4 cup	1.99oz	45	1.5	0.5	0	3	2	-	5	6	0	170
Chopped Hard Cooked Eggs	1/4 cup	1.2oz	50	3.5	1	-	0	0	-	125	4	0	40
Diced Bacon	2 tbsp	0.66oz	90	7	2	0	0	0	-	20	6	0	310
Diced Black Forest Ham	1/4 cup	1.5oz	70	3.5	0	-	2	0	-	25	7	less than 1	350
Diced Ham	1/4 cup	1.23oz	45	1.5	0.5	0	2	less than 1	-	20	5	0	450
Diced Turkey Breast	1/4 cup	1.41oz	50	2.5	0	0	less than 1 gram	less than 1 gram	less than 1 gram	25	6	0	320
FAD Free Tuna	1/4 cup	1.36oz	35	0	0	0	0	0	-	15	7	0	95
Fat Free Cottage Cheese	1/4 cup	1.28oz	25	0	0	-	2	less than 1 gram	-	less than 5 milligrams	4	0	135
grilled chicken breast	1/4 cup	1.55oz	80	4	0.5	0	0	0	-	40	12	0	130
Marinated Tofu	1/4 cup	1.99oz	45	3	0	0+	1	less than 1	0+	0	4	0	70

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Lunch - Salad Bar - Roasted/Pickled Veggies													
grilled corn cob kernels	1/4 cup	2.96oz	90	2.5	0	0	17	4	-	0	3	2	75
Pickled Vegetables	1/4 cup	1.31oz	20	0	0	0+	4	3	-	0	0	less than 1	110
roasted asparagus	1/4 cup	2.21oz	30	2	0	0	2	1	-	0	1	1	125
roasted beets	1/4 cup	1.69oz	25	0.5	0	0	5	4+	-	0	less than 1 gram	less than 1 gram	45
roasted broccoli	1/4 cup	1.37oz	20	1	0	0	3	less than 1	-	0	1	1	60
roasted brussels sprouts	1/4 cup	1.54oz	25	1.5	0	0	3	less than 1	-	0	1	1	50
roasted butternut squash	1/4 cup	1.3oz	30	1.5	0	0	4	less than 1	-	0	0	less than 1	60
roasted carrots	1/4 cup	2.29oz	40	1.5	0	0	6	3	-	0	less than 1 gram	2	150
roasted cauliflower	1/4 cup	0.89oz	10	0.5	0	0	1	0	-	0	0	less than 1	20
Roasted Corn	1/4 cup	1.94oz	60	2	0	0	10	2	-	0	1	1	65
roasted eggplant	1/4 cup	1.36oz	25	2	0	0	2	1	-	0	0	1	0
roasted fennel	1/4 cup	0.57oz	10	0	0	0	1	less than 1	-	0	0	0	15
roasted gold and red beets	1/4 cup	1.26oz	30	1.5	0	0	3	3	-	0	less than 1 gram	less than 1 gram	30
roasted golden beets	1/4 cup	1.69oz	25	0.5	0	0	5	4	-	0	less than 1 gram	less than 1 gram	75
roasted mushrooms	1/4 cup	5.29oz	90	7	0.5	0	5	3	-	0	4	2	360
roasted onions	1/4 cup	1.64oz	30	1	0	0	4	2	0+	0	less than 1 gram	less than 1 gram	10
roasted parsnips	1/4 cup	1.65oz	40	1	0	0	8	2	-	0	less than 1 gram	2	60
roasted sweet potatoes	1/4 cup	2.1oz	70	2.5	0	0	12	4	-	0	1	2	40
roasted yellow squash	1/4 cup	1.61oz	15	1	0	0	2	1	-	0	0	0	5
Sliced Black Olives	1/4 cup	1.24oz	40	4	1	0	2	0	-	0	0	less than 1	260
Sliced Water Chestnuts	1/4 cup	1.23oz	15	0	0	0	4	less than 1	-	0	0	less than 1	0

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Lunch salad bar



Item Name	Portion Size	Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Salad Bar - Toppings													
Bacon Bits	1 tbsp	0.25oz	35	2.5	1	0	0	0	-	5	2	0	120
Chia Seeds	1 tbsp	0.53oz	70	4.5	0	0	6	-	-	0	2	5	0
Cornbread Croutons	1/4 cup	1.01oz	130	9	4.5	0+	11	5	0+	35	1	0	150
Croutons	1/4 cup	0.32oz	30	1	0	0	4	0	-	0	less than 1 gram	0	100
Dried Cranberries	1 tbsp	0.32oz	30	0	0	0	8	7	-	0	0	0	0
Dry Roasted Peanuts	1 tbsp	0.32oz	50	4.5	0.5	0	2	0	-	0	2	less than 1	35
focaccia croutons	1/4 cup	0.38oz	60	5	0	0+	2	0	-	0	less than 1 gram	0	35
fried corn tortilla strips	1/4 cup	1.2oz	120	7	0.5	0+	12	0	-	0	2	2	280
Golden Raisins	1 tbsp	0.36oz	30	0	0	0	8	7	-	0	0	0	0
Pumpkin Seeds	1 tbsp	0.5oz	80	7	1	0	2	0	-	0	4	less than 1	0
Raisins	1 tbsp	0.32oz	25	0	0	0	7	6	-	0	0	0	0
Roasted Sunflower Seeds	1 tbsp	0.28oz	45	4	0	-	2	0	-	0	2	less than 1	0
Toasted Almonds	1 tbsp	0.24oz	40	3.5	0	0	1	0	-	0	1	less than 1	0
Toasted Pecans	1 tbsp	0.24oz	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Toasted Sesame Seeds	1 tbsp	0.28oz	45	4	0.5	-	2	-	-	0	1	1	0
Toasted Walnuts	1 tbsp	0.27oz	50	5	0	-	1	0	-	0	1	less than 1	0
Whole Flax Seeds	1 tbsp	0.37oz	60	4.5	0	-	3	0	-	0	2	3	0
wonton strips	1/4 cup	0.32oz	35	2	0	0+	4	0+	-	0	less than 1 gram	0	160

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Lunch - Salad Bar - Vegetables													
Broccoli Florets	1/4 cup	0.63oz	5	0	0	0	1	0	-	0	less than 1 gram	0	5
Cauliflower Florets	1/4 cup	1.3oz	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	10
Cherry Tomatoes	1/4 cup	1.31oz	5	0	0	0	1	less than 1	-	0	0	0	0
Chopped Asparagus	1/4 cup	0.95oz	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Chopped Green Onions	1/4 cup	0.88oz	10	0	0	0	2	less than 1	-	0	0	less than 1	0
Chopped Zucchini	1/4 cup	1.04oz	5	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Corn	1/4 cup	1.45oz	40	0.5	0	0	9	2	-	0	1	less than 1	0
Daikon Radish Matchsticks	1/4 cup	1.02oz	5	0	0	0	1	less than 1	-	0	0	0	5
Diced Tomatoes	1/4 cup	1.59oz	10	0	0	0	2	1	-	0	0	less than 1	0
Diced Yellow Squash	1/4 cup	1.15oz	5	0	0	0	1	less than 1	-	0	0	0	0
Fresh Chopped Celery	1/4 cup	0.89oz	0	0	0	0	less than 1 gram	0	-	0	0	0	20
Grape Tomatoes	1/4 cup	1.31oz	5	0	0	0	1	less than 1	-	0	0	0	0
Grated Carrots	1/4 cup	0.97oz	10	0	0	0	3	1	-	0	0	less than 1	20
Green Peas	1/4 cup	1.41oz	30	0	0	0	6	2	-	0	2	2	30
Green Wax Beans	1/4 cup	1.1oz	10	0	0	0	2	1	-	0	less than 1 gram	1	0
Julienne Jicama	1/4 cup	1.06oz	10	0	0	0	3	less than 1	-	0	0	1	0
Julienne Yellow Bell Peppers	1/4 cup	1.31oz	10	0	0	0	2	-	-	0	0	0	0
Shredded Green Cabbage	1/4 cup	0.62oz	0	0	0	0	1	less than 1	-	0	0	0	0
Shredded Red Cabbage	1/4 cup	0.62oz	5	0	0	0	1	less than 1	-	0	0	0	0
Sliced Cucumber	1/4 cup	0.92oz	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Sliced Green Bell Pepper	1/4 cup	0.81oz	0	0	0	0	1	less than 1	-	0	0	0	0
Sliced Mushrooms	1/4 cup	0.62oz	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	0
Sliced Radishes	1/4 cup	1.02oz	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	10
Sliced Red Bell Pepper	1/4 cup	0.81oz	5	0	0	0	1	less than 1	-	0	0	0	0
Sliced Red Onion	1/4 cup	1.01oz	10	0	0	0	3	1	-	0	0	0	0
Sugar Snap Peas	1/4 cup	0.86oz	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0

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Lunch salad bar



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