

SALAD BAR

| Item | Serving Size | Calories | Fat | % Cal. From Fat | Chol. | Protein | Carb. | Fiber | Sodium |
|---------------------------------|--------------|----------|-------|-----------------|--------|---------|--------|-------|--------|
| Alfalfa Sprouts ▲ | 1 cup | 10 | 0 g | 0% | 0 mg | 1 g | 1 g | 0.8 g | 2 mg |
| Applesauce ▲ | 1/2 cup | 97 | 0 g | 0% | 0 mg | 0 g | 25 g | 1.5 g | 4 mg |
| Baby Corn ▲ | 1/2 cup | 25 | 0 g | 0% | 0 mg | 2 g | 4 g | 2 g | 280 mg |
| Bacon Bits ▲ | 1 T. | 31 | 2 g | 52% | 0 mg | 2 g | 2 g | 0.7 g | 124 mg |
| Bamboo Shoots ▲ | 1/4 cup | 6 | 0 g | 0% | 0 mg | 0.5 g | 1 g | 0.5 g | 2 mg |
| Bean Sprouts ▲ | 1/4 cup | 7 | 0 g | 0% | 0 mg | 0.6 g | 1 g | 0 g | 4 mg |
| Beets (Sliced) ▲ | 1/4 cup | 13 | 0 g | 0% | 0 mg | 0 g | 3 g | 0.7 g | 82 mg |
| Black Beans ▲ | 1/4 cup | 55 | 0.5 g | 8% | 0 mg | 3.5 g | 8.5 g | 3.5 g | 200 mg |
| Blue Cheese ■ | 2 T. | 60 | 4.8 g | 72% | 13 mg | 3.6 g | 0 g | 0 g | 235 mg |
| Broccoli ▲ | 1/4 cup | 6 | 0 g | 0% | 0 mg | 0.6 g | 1 g | 0.6 g | 6 mg |
| Canned Fruit ■ | 1/2 cup | 69 | 0 g | 0% | 0 mg | 0.5 g | 18 g | 1.2 g | 7 mg |
| Carrot Sticks ▲ | 6 | 26 | 0 g | 0% | 0 mg | 0.6 g | 6 g | 1.8 g | 21 mg |
| Carrots—Shredded ▲ | 2 T. | 6 | 0 g | 0% | 0 mg | 0 g | 1 g | 0 g | 5 mg |
| Cauliflower ▲ | 1/4 cup | 6 | 0 g | 0% | 0 mg | 0.5 g | 1 g | 0.6 g | 7 mg |
| Celery Sticks ▲ | 6 | 6 | 0 g | 0% | 0 mg | 0 g | 1.5 g | 0.7 g | 35 mg |
| Cheddar Cheese ■ | 2 T. | 57 | 4.7 g | 74% | 15 mg | 3.5 g | 0 g | 0 g | 88 mg |
| Chick Peas ▲ | 1/4 cup | 55 | 0.7 g | 9% | 0 mg | 3 g | 13.5 g | 2.6 g | 179 mg |
| Chow Mein Noodles ▲ | 1/4 cup | 70 | 3.3 g | 39% | 0 mg | 2.2 g | 8.5 g | 1 g | 105 mg |
| Cottage Cheese (Low Fat) ■ | 1/2 cup | 80 | 1 g | 11% | 15 mg | 12 g | 5 g | 0 g | 460 mg |
| Crabmeat (Imitation) | 3 oz. | 84 | 1 g | 9% | 26 mg | 13 g | 6 g | 0 g | 122 mg |
| Croutons ■ | 1/4 cup | 47 | 2 g | 34% | 1 mg | 1 g | 6 g | 0.5 g | 124 mg |
| Cucumber—Sliced ▲ | 1/4 cup | 3 | 0 g | 0% | 0 mg | 0 g | 0.7 g | 0 g | 0 mg |
| Dill Pickle Slices ▲ | 2 T. | 4 | 0 g | 0% | 0 mg | 0 g | 1 g | 0 g | 248 mg |
| Egg—Hard Cooked ■ | 1/4 cup | 53 | 3.5 g | 59% | 145 mg | 4 g | 0 g | 0 g | 42 mg |
| Feta Cheese ■ | 2 T. | 49 | 4 g | 73% | 17 mg | 2.6 g | 1 g | 0 g | 209 mg |
| French Onion Sticks ▲ | 2 T. | 45 | 3.5 g | 70% | 0 mg | 0 g | 3 g | 0 g | 60 mg |
| Goldfish—Cheddar ■ | 25 | 64 | 3 g | 38% | 5 mg | 2 g | 8 g | 0 g | 91 mg |
| Greens ▲ | 1 cup | 8 | 0 g | 0% | 0 mg | 1 g | 1 g | 1 g | 4 mg |
| Ham | 1/4 cup | 62 | 3 g | 46% | 21 mg | 8 g | 0 g | 0 g | 525 mg |
| Iceberg Lettuce ▲ | 1 cup | 7 | 0 g | 0% | 0 mg | 0.5 g | 1 g | 0.7 g | 5 mg |
| Jalapeno Peppers ▲ | 2 T. | 5 | 0 g | 0% | 0 mg | 0 g | 1 g | 0.4 g | 284 mg |
| Jell-O | 1/2 cup | 80 | 0 g | 0% | 0 mg | 2 g | 19 g | 0 g | 90 mg |
| Kidney Beans ▲ | 1/4 cup | 54 | 0 g | 0% | 0 mg | 3.4 g | 10 g | 4 g | 218 mg |
| Low Fat Blueberry Yogurt ■ | 1 cup | 210 | 1.5 g | 6% | 10 mg | 9 g | 42 g | <1 g | 230 mg |
| Low Fat Peach Yogurt ■ | 1 cup | 210 | 1.5 g | 6% | 10 mg | 9 g | 39 g | 0 g | 230 mg |
| Low Fat Raspberry Yogurt ■ | 1 cup | 210 | 1.5 g | 6% | 10 mg | 9 g | 41 g | 0 g | 180 mg |
| Low Fat Strawberry Yogurt ■ | 1 cup | 210 | 1.5 g | 6% | 10 mg | 9 g | 39 g | 0 g | 270 mg |
| Mozzarella Cheese (Part Skim) ■ | 2 T. | 36 | 2 g | 50% | 8 mg | 3 g | 0 g | 0 g | 65 mg |
| Mushrooms ▲ | 1/4 cup | 7 | 0 g | 0% | 0 mg | 1 g | 1 g | 0 g | 1 g mg |
| Olive Oil ▲ | 1 T. | 120 | 14 g | 100% | 0 mg | 0 g | 0 g | 0 g | 0 mg |
| Olives—Black (Pitted) ▲ | 4 | 20 | 2 g | 84% | 0 mg | 0 g | 1 g | 0.6 g | 153 mg |
| Olives—Black (Sliced) ▲ | 2 T. | 20 | 2 g | 84% | 0 mg | 0 g | 1 g | 0.6 g | 153 mg |
| Olives—Green ▲ | 4 | 30 | 3 g | 90% | 0 mg | 0 g | 2 g | 0 g | 500 mg |
| Onions—Sliced ▲ | 2 T. | 8 | 0 g | 0% | 0 mg | 0 g | 2 g | 0 g | 0.6 mg |
| Parmesan Cheese ■ | 1 T. | 23 | 1.5 g | 59% | 4 mg | 2 g | 0 g | 0 g | 93 mg |

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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SALAD BAR, CONT.

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