

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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