

Salad Bar Nutrition Information

SALAD BAR ITEMS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
Vegetables							
Beets	1 oz	9	0	0	2	1	0
Broccoli	1 oz	10	0	0	2	1	1
Carrots	1 oz	12	0	0	3	1	0
Cauliflower	1 oz	4	0	0	1	1	1
Celery	1 oz	5	0	0	1	1	0
Cucumbers	1 oz	4	0	0	1	0	0
Lettuce, Mixed Greens	1 oz	5	0	0	1	1	0
Lettuce, Iceburg	1 oz	4	0	0	1	0	0
Lettuce, Romaine	1 oz	5	0	0	1	1	0
Mushrooms	1 oz	6	0	0	1	0	1
Olives, Black	1 oz	33	3	0	2	1	0
Onions, Red	1 oz	12	0	0	3	0	0
Peas, Green	1 oz	23	0	0	4	1	2
Peppers, Sweet Bell	1 oz	7	0	0	2	1	0
Radishes	1 oz	5	0	0	1	1	0
Spinach	1 oz	7	0	0	1	1	1
Tomatoes	1 oz	5	0	0	1	0	0
Fruits							
Apple	1	107	0	0	29	5	1
Banana	1	142	1	0	37	4	2
Cantaloupe	1 oz	10	0	0	2	0	0
Grapefruit	1	78	0	0	20	3	2
Grapes	1 oz	20	0	0	5	0	0
Honeydew	1 oz	10	0	0	3	0	0
Orange	1	62	0	0	15	3	1
Pineapple	1 oz	14	0	0	4	0	0
Strawberries	1 oz	9	0	0	2	1	0
Watermelon	1 oz	9	0	0	2	0	0
Other							
Croutons, Plain	1 oz	115	2	0	21	1	3
French Fried Onions	1 oz	182	14	4	12	0	0
Raisins	1 oz	85	0	0	22	1	1
Sunflower Seeds	1 oz	175	16	2	1	0	5
Cheeses							
Blue	1/4c	100	8	5	0	0	6
Cheddar	1/4c	110	9	5	0	0	7
Parmesan, Grated	2 tsp	20	2	1	0	0	2
Meats/Meat Substitutes							
Bacon, Crumbled	1 oz	122	8	4	0	0	12
Black Beans	1 oz	26	0	0	5	2	2
Chicken Breast, Grilled	1 oz	47	1	0	0	0	9
Egg, Hard Cooked	1 oz	42	3	1	0	0	4
Garbanzo Beans	1 oz	34	0	0	6	1	1
Ham, Diced	1 oz	30	8	0	1	0	5
Turkey, Diced	1 oz	30	1	0	1	0	5

SALAD DRESSINGS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
Fat Free							
Italian	1 oz	18	0	0	3	0	0
Raspberry Vinaigrette	1 oz	31	0	0	6	0	0
Ranch	1 oz	39	0	0	9	0	0
Other							
Olive Oil	1 oz	251	28	4	0	0	0
Red Wine Vinegar	1 oz	5	0	0	0	0	0
1000 Island	1 oz	105	10	1	4	0	0
Balsamic Vinaigrette	1 oz	57	5	0	4	0	0
Blue Cheese	1 oz	143	15	3	2	0	1
Catalina	1 oz	130	13	2	4	0	0
Creamy Caesar	1 oz	150	16	3	1	0	0
Golden Italian	1 oz	83	8	1	3	0	0
Honey Dijon	1 oz	93	7	1	7	0	0
Ranch	1 oz	145	15	2	1	0	0

Nutrition is rounded as per NLEA. We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.