



























SALAD BAR NUTRITIONAL INFORMATION

Menu Item	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 Artichoke Hearts	1/8 cup	11	0	0	0	20	1	2	1
 Baby Corn	1 ear	6	0	0	0	17	0	1.5	0
 Banana Peppers	1 oz.	6	0	0	0	142	1	0.5	0
 Beans (kidney, garbanzo)	1/8 cup	26	0	0	0	111	2	5	1
 Beets	1/8 cup	6	0	0	0	39	0	1	0
 Broccoli Florets	1/8 cup	4	0	0	0	3	1	0	0
 Carrots	1/8 cup	7	0	0	0	5	0	2	0
 Cauliflower Florets	1/8 cup	3	0	0	0	4	0	1	0
 Celery	1/8 cup	2	0	0	0	13	0	1	0
 Chicken- Grilled - cubed	4 oz.	110	1	0	53	59	21	0	0
 Cucumbers	1/8 cup	4	0	0	0	1	0	1	0
 Eggs- hardboiled, chopped	2 Tbsp	26	2	1	71	21	2.5	0	0
 Eggs- hardboiled, whole	each	70	5	1	187	55	5	0	0
 Green Peppers	1/8 cup	5	0	0	0	0	0	1	0
 Jalepeno Peppers	1 Tbsp	2	0	0	0	110	0.5	0	0
 Lettuce - Romaine	1 cup	8	0	0	0	6	1	2	1
 Lettuce - Spring Mix	1 cup	7	0	0	0	20	2	1	1
 Mandarin Oranges	1/8 cup	12	0	0	0	2	0	3	0
 Mushrooms	1/8 cup	2	0	0	0	0	0.5	0	0
 Onions - red	5 rings	12	0	0	0	1	0	3	0
 Peas	1/8 cup	14	0	0	0	20	1	2	1
 Radishes	1/8 cup	6	0	0	0	7	0	1	0
 Spinach	1 cup	7	0	0	0	24	1	1	0
 Squash - Yellow	1/8 cup	3	0	0	0	2	0	1	0
 Squash - Zucchini	1/8 cup	7	0	0	0	1	0	2	0
 Tomatoes	1/8 cup	6	0	0	0	2	0	1	0
Bacon Bits	1/8 cup	53	3	0	0	331	5	3	1
Black Olives	1 oz.	66	5.7	0	0	605	0	3.8	0
Cheese - Bleu Cheese Crumbles	1 Tbsp	37	3	2	10	143	2	0	0
Cheese - Cheddar	1 oz.	114	9.4	6	30	176	7	0	0
Cheese - Monterey Jack	1 oz.	106	8.5	5	25	152	7	0	0
Chicken Tenders- Fried, sliced	4 oz.	327	19	5	59	817	19	21	3

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.