SALAD

	Serving Size	Calories	Total Fat (grams)
Cobb Salad	7 oz	239	19
Executive Chef Salad	6 oz	194	10
Chinese Noddle Salad	6 oz	277	12
Buffalo Bistro Salad	8 oz	338	22
Coriander Tabouli Salad	9.5 oz	323	20
Sweet & Sour Cabbage	5 oz	130	0
Mediterranean Chicken Ceaser	7 oz	367	25
Asian Chicken Salad	7.2 oz	210	15

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These values are based on standard recipe formulation. Minor acceptable variations can be expected due to product assembly, seasonal influences and regional suppliers.

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SOUP & SALAD BAR

NUTRITION information

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SOUP

	Serving Size	Calories	Total Fat (grams)
Wisconsin Cheddar	4 oz	86	4
Vegan Chili	6 oz	73	2
Beef Barley Vegetable	6 oz	54	1
Turkey Noodle	6 oz	76	2
Cream of Potato	4 oz	71	4
Vegetarian Vegetable	6 oz	107	3
NE Clam Chowder	6 oz	169	7
Cream of Broccoli	6 oz	102	6
Pioneer Chili Champs	4 oz	109	6
Chicken & Vegetable	6 oz	45	1
Beef Rice	6 oz	87	2
Broccoli Cheese	6 oz	114	8
Double Noodle Chicken	6 oz	87	2
Vegetarian Veggie Noodle	6 oz	76	2
Cream of Mushroom	6 oz	130	6
Oriental Beef	6 oz	65	2
Hearty Vegetable Rice	6 oz	63	1
Beef Noodle	6 oz	72	2
California Bean	4 oz	55	0
Vegetarian Minestrone	6 oz	83	1
Vegan Corn Chowder	4 oz	67	3
Condensed Tomato	4 oz	127	4
Classic Split Pea	4 oz	42	0
Cream of Vegetable	4 oz	72	4
Mushroom & Wild Rice	4 oz	34	2
Turkey & Wild Rice	4 oz	32	1
Cream of Mushroom	4 oz	69	5
Tuscan Vegetarian	4 oz	32	0
Egg Drop	4 oz	23	1

VEGETABLES

	Serving Size	Calories	Total Fat (grams)
Iceberg Lettuce	1 C	7	0
Spinach	1 C	13	0
Romaine Lettuce	1 C	10	0
Cucumber	1/2 C	10	0
Tomatoes	1/2 C	16	0
Shredded Carrots	1/2 C	24	0
Green Peppers	1/2 C	9	0
Mushrooms	1/2 C	9	0
Broccoli	1/2 C	14	0
Peas	1/2 C	59	1
Radish	1/2 C	10	0
Cauliflower	1/2 C	12	0
Onion	1/2 C	30	0
Water Chestnuts	1/2 C	40	0
Sprouts	1/2 C	10	0
Black Olives	2 Tbsp	30	3
Jalapenos	2 Tbsp	5	0
Sun dried Tomatoes	3 items	15	0

PROTEIN

	Serving Size	Calories	Total Fat (grams)
Garbanzo Beans	1/2 C	160	2
Kidney Beans	1/2 C	160	1
Chopped Eggs	1/2 C	105	4
Tofu	3 oz	80	4
Hummus	2 Tbsp	70	4
Cheddar Cheese (shredded)	1/4 C	110	9
Mozzarella Cheese (shredded)	1/4 C	80	6
Feta	1/4 C	80	6
Pepperoni Slices	14 Slices	140	13
Cottage Cheese	1/2 C	90	3

SALAD DRESSING

	Serving Size	Calories	Total Fat (grams)
Ranch	1 Tbsp	55	6
Fat Free Ranch	2 Tbsp	30	0
Blue Cheese	1 Tbsp	72	7
Italian Dressing	1 Tbsp	43	4
Fat Free Italian	2 Tbsp	10	0
Caesar	1 Tbsp	78	8
1000 Island	1 Tbsp	59	6
Low Fat French	2 Tbsp	70	2
Fat Free Raspberry Vinaigrette	2 Tbsp	35	0

TOPPINGS

	Serving Size	Calories	Total Fat (grams)
Bacon Bits	1 Tbsp	30	2
Sunflower Seeds	1 Tbsp	50	20
French Onions	2 Tbsp	45	4
Raisins	1 Tbsp	30	0

FRUITS & DESSERTS

	Serving Size	Calories	Total Fat (grams)
Vanilla Pudding	1/2 C	190	9
Chocolate Pudding	1/2 C	200	9
Jello	1/2 C	80	0
Canned Mandarin Oranges	1/2 C	50	0
Canned Pears	1/2 C	50	0
Canned Peaches	1/2 C	45	0
Canned Pineapple	1/2 C	70	0
Canned Fruit Cocktail	1/2 C	45	0
Jellied Cranberries	1/4 C	100	0