

Salad Bar Nutrition Information														
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free	Allergens
Soups														
Broccoli Cheddar	7	219	129	14.3	9.3	0.1	44	1035	13.4	1	4	9.6	Y	Milk
Beef Chili	7	133	36	4	1.5	0	15.7	534	15.4	3.4	5.8	8	Y	
Beef Stew	4	93	33	3.6	1	0.1	14.4	600	9	4	2	8.3	N	Wheat, Soy
Chicken Noodle	7	96	14	1.5	0.3	0	32	665	13.4	0.7	1.7	7	N	Wheat, Egg
Chicken Wild Rice	7	133	45	5	3	0.1	23	629	15.4	0.5	2.8	6.8	Y	Milk
Chicken Corn Chowder	7	169	58	6.4	3.4	0.1	26	566	20	1.2	4	9.5	Y	Milk
Chicken Tortilla	7	106	23	2.6	0.5	0	16	559	14.5	1.5	3.5	7	Y	
Chicken White Chili	7	170	11	1.2	0.4	0	14	340	27.6	6	0.4	13.3	Y	
Chicken & Dumpling	7	151	35	3.9	0.9	0	28	413.8	23.9	0.3	0.6	5.9	N	Wheat, Milk, Eggs
Clam Chowder	7	180	73	8.2	4.8	0.1	27.4	1117	17.8	1	5.5	9	Y	Milk, Clams
Gazpacho	7	186	49	5.5	0.2	0	0	568	22.8	2.7	12	2.2	Y	
Ham & Beans	7	199	12	1.3	0.5	0	9	640	34	7.3	2	13.7	Y	Milk
Lobster Bisque	7	235	144	16	10.5	0.1	49	726	14	0.3	4.5	7.7	Y	Milk, Shellfish
Spring Vegetable	7	58	3	0.3	0	0	0	533	12.4	1.5	3.4	2	Y	
Sausage & Chicken Gumbo	7	106	44	5	1.8	0	24.8	598	7.4	1	3.2	8.2	Y	Milk
Spicy 3 Bean Quinoa	7	92	10	1	0.1	0	0	535	17.3	4	4.5	3.8	Y	
Twice Baked Potato	7	243	137	15.2	9.3	0.1	48	837	17	0.7	4	9.5	Y	Milk
Vegetable Steak	7	104	20	2.2	0.7	0	20	572	12.3	1.5	3	8.6	Y	
Whole Grain Wild Mushroom	7	231	86	9.6	4.2	0.1	17.7	685	22.7	2	3	4.4	N	Wheat, Milk
Salads-To-Go														
Asian Almond Chicken Salad, Small	11	366	139	15.4	2.6	1	28.1	703.4	41.5	5.1	20.4	16.5	N	Wheat, Nut(Almonds)
Asian Almond Chicken Salad, Large	15.2	493	175	19.5	3.2	1	33.7	1097.4	60.7	6.5	35.4	19.6	N	Wheat, Nut(Almonds)
Athens Greek Salad, Large	10.5	202	108	12	5	0	27	744	18	6	5	9	Y	Milk
Bacon Spinach, Small	8.3	258	116	12.8	3.9	0.1	110.9	911.5	20.7	3.7	14	14.5	Y	Milk
Bacon Spinach, Large	14	457	205	22.8	6.7	0.1	217.9	1550	37.6	6.3	26.9	24.7	Y	Milk
Beet-A-Rific, Small	8	312	216	24	4.9	0	22.8	512.3	18.8	4.1	11.5	8.5	Y	Milk, Nut(Walnuts)
Chef Salad, Small	6.5	151	79	9	4.5	0	142	270	6.5	2	3	12.5	Y	Milk, Eggs
Chef Salad, Large	13	382	211	23	12.5	0	310	765	12	4	6	33	Y	Milk, Eggs
Smoked Chef Salad, Small	7	159	69	8	4	0	129	598	7	2	3	16	Y	Milk, Eggs
Smoked Chef Salad, Large	12	269	117	13	6	0	244	919	13	4	5	26	Y	Milk, Eggs
Chicken Cobb Salad, Small	10.7	574	393	43.7	13.4	0.1	193.8	1280.6	7.7	2.5	3.6	26.3	Y	Milk, Eggs
Chicken Cobb Salad, Large	18.5	961	684	76	20.7	0.1	332.4	1937.1	14.5	5	6.8	36.7	Y	Milk, Eggs
Craisin Walnut Salad, Small	4	238	134	14.9	3.2	0	15.1	376.5	22.2	1.9	16.1	3.1	Y	Milk, Nut(Walnuts)
Craisin Walnut Salad, Large	4	252	147	16.3	3.2	0	15.1	386.5	22.3	1.9	16.2	3	Y	Milk, Nut(Walnuts)
Garden Veggie Salad, Large	12.5	312	184	20.5	7	0	29	306	22	8	7	14	Y	Milk, Sunflower Seeds

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Grilled Chicken Parmesan Romaine, Small	8.4	447	254	28.3	7.7	0	56.3	1131.4	25	2.1	5.7	22.5	N	Milk, Wheat, Egg, Soy, Anchovies
Grilled Chicken Parmesan Romaine, Large	14.5	672	407	45.2	10.6	0	82.2	1660.4	33.7	4.3	10.4	30.5	N	Milk, Wheat, Egg, Soy, Anchovies
Italian Chicken Salad, Small	10.8	457	259	28.7	4.4	0	88.9	1415.6	19.8	2.8	15	28	Y	Milk
Italian Chicken Salad, Large	15	671	420	46.6	8.1	0	73.1	2019.4	35.7	5	28.8	24.8	Y	Milk
Patriot Berry Salad, Small	6.5	155	83	9	3	0	19	141	12.5	5	5	8	Y	Milk, Almonds
Patriot Berry Salad, Large	9.5	231	125	14	3	0	19	177	19	8	8	11	Y	Milk, Almonds
Smokehouse Chicken, Large	15	714	396	44	14.5	0.2	110.4	1881.4	41.4	3.9	25.2	31.9	N	Milk, Wheat, Egg
Southwest Chicken, Small	12.9	602	295	32.8	12.6	0.2	110.1	1005.3	38.7	3.2	5	24	Y	Milk, Egg
Southwest Chicken, Large	17.1	634	298	33.1	12.7	0.2	115.7	1109	43.1	5.3	6.1	27.5	Y	Milk, Egg
St. Louis Italian Salad, Small	5	157	92	10	2	0	31	580	6	3	2	11	Y	Milk
St. Louis Italian Salad, Large	9.5	337	206	23	3	0	69	1294	11	5	3	23	Y	Milk
Parfait Cups														
Banana Pudding Cup	7oz.	395	123	14	6	0.5	0.3	435	66	1	38	1	N	Milk, Soy, Wheat
Banana & Chocolate Pudding Cup	7oz.	396	196	22	16	0	0	167	53	2	42	2	Y	Milk, Soy
Chocolate Pudding & Fresh Berry Cup	7oz.	215	49	5	2	0	0	149	40	6	29	3	Y	Milk
Chocolate Pudding, Berry, Whipped Topping	7oz.	275	108	12	9	0	0	149	41	3	32	3	Y	Milk
Chocolate Pudding, Oreo, Chips, Topping	7oz.	418	142	16	9	0	0	344	65	3	48	5	N	Milk, Soy, Wheat
Vanilla Pudding & Fresh Berry Cup	7oz.	227	51	6	1	0	1	194	43	4	30	3	Y	Milk
Vainilla Pudding, Berry, Whipped Topping	7oz.	287	110	12	8	0	1	194	44	2	33	3	Y	Milk
Vanilla Pudding , Graham Crumbs, Topping	7oz.	440	135	15	7	1	2	498	72	1	47	5	N	Milk, Wheat
Tapioca Pudding & Berry Cup	7oz.	199	43	5	1	0	0	203	39	4	25	3	Y	Milk, Soy
Tapioca Pudding, Berry, Whipped Topping	7oz.	259	102	11	8	0	0	203	39	2	28	3	Y	Milk, Soy
Tapioca Pudding, Berry, Granola Cup	7oz.	262	53	6	1	0	0	260	51	4	28	5	N	Milk, Soy, Wheat, Nut (Almond)
Strawberry Yogurt & Berry Parfait	7oz.	170	12	1	1	0	3	64	35	4	23	5	Y	Milk
Strawberry Yogurt, Berry & Granola Parfait	7oz.	233	23	3	1	0	3	121	48	4	27	7	N	Milk, Wheat, Nut (Almond)
Strawberry Yogurt, Berry, Granola, Topping	7oz.	261	43	5	3	0	3	121	50	4	29	7	N	Milk, Wheat, Nut (Almond)
Vanilla Yogury & Berry Parfait	7oz.	170	12	1	4	0	4	65	37	4	24	5	Y	Milk
Vanilla Yogurt, Berry, Granola Parfait	7oz.	233	22	2	4	0	4	122	49	4	27	6	N	Milk, Wheat, Nut (Almond)
Vanilla Yogur, Berry, Granola, Topping	7oz.	267	46	5	7	0	4	122	52	4	30	6	N	Milk, Wheat, Nut (Almond)
Salads/Dips/Miscellaneous														
Ambrosia	4	188	93	10.4	8.5	0	12	38	23	0.7	19	0.8	Y	Milk, Coconut
Ancient Grain Power Salad	4	279	92	10.2	0.6	0	0	223	34.7	3.6	6.9	6.1	N	Wheat
Antioxidant Superfood Veggie	4	177	99	11	0.8	0	0	237.6	14.7	2	7	3.3	Y	Sunflower Seed
Apple Cranberry Autumn Slaw (Seasonal)	4	125	50	5.5	1	0	12.4	132.8	15.3	2.4	11.3	3.5	Y	Pumpkin Seed
Beets, Pickled, Sliced	4	108	10	1.2	0.2	0	0	155	23	0.6	22	0	Y	

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Capellini Asiago	4	286	137	15.2	3.8	0	12.7	366.8	25.4	1.6	0.7	6.9	N	Wheat, Milk
Caprese Pasta	4	199	92	10.2	1.5	0	0.4	138	22.4	1.3	2.6	4	N	Wheat, Milk, Nuts
Cheesecake Dip	4	369	244	27	18	0	71.8	271	28.5	0	24.5	3.8	Y	Milk
Cranberry Ambrosia (Seasonal)	4	347	107	11.9	6.7	0	30	25.7	20.4	1.5	14.7	3.5	Y	Milk
Cranberry Relish	4	164	1	0.1	0	0	0	2.1	42.2	2.5	37.7	0.6	Y	
Dill Dip	1	111	93	10.3	3.5	0	18.8	124.1	1	0.1	0.1	0.7	Y	Milk, Egg
Edamame, Corn, Black Bean	4	132	57	6.4	0.5	0	0	394	14.7	4.2	3.8	5.4	Y	
Egg Salad	4	333	282	31.4	6.3	0	275	484	3.2	0.3	2.5	8.7	Y	Egg
Four Bean	4	142	43	4.8	0.8	0	0	585	22.3	2.9	15.7	2.4	Y	
Fresh & Crisp Green Beans	4	65	23	2.6	0.3	0	0	267	8.7	3	3.6	2	Y	
Fresh Whole Grain Bulgur Quinoa	4	124	23	2.5	0.3	0	0	235	23	4.9	2.2	4.3	N	Wheat
Fruit & Nut Mixture	1	105	34	3.8	0.3	0	0	1.5	18	2	13.8	1.3	Y	Almonds, Pecans
Garden Spiral Pasta	4	215	73	8.1	1.1	0	0.3	484	26.2	1.5	3.3	4.5	N	Wheat
Grilled, Asparagus	4	58	33	3.7	0.6	0	0	2.7	5.2	2.8	2.5	3	Y	
Grilled, Zucchini, Squash, Peppers & Onion	4	79	49	5.5	0.5	0	0	6.6	7.5	1.8	4.6	1.6	Y	
Greek Veggie Pasta	4	184	105	11.6	2.3	0	10.1	399	18	0.9	2.6	3.4	N	Wheat, Milk
Iron Man Kale	4	179	84	9.3	1.1	0	0	75	20.1	4.7	11.9	7.1	Y	Peanuts, Sunflower Seed
Lemon Orzo (Seasonal)	4	196	80	8.9	2.3	0	11.8	350	24	2.1	2.7	6.5	N	Wheat, Milk, Pinenuts
Macaroni Salad	4	239	121	13.5	1.6	0	11.4	484	29.6	1	8.3	3.2	N	Wheat, Eggs
Marinated Veggie	4	54	27	3	0.3	0	0	58	7.1	1	3.9	0.8	Y	
Pesto Pasta Salad (CK-Seasonal)	4	351	193	21.4	3	0	6.8	342.2	25.3	1.2	1.6	6.1	N	Milk, Almonds
Potato, Creamy Red	4	273	176	19.5	3.8	0	82.5	316	16.7	1.7	1.4	3.5	Y	Eggs
Potato, Grandma	4	141	32	3.6	0.8	0	1.4	272	24.7	2.3	10.5	3	Y	Milk
Potato, Kosher	4	271	166	18.5	3.5	0	65	271	19	1.3	3.4	3	Y	Eggs
Pumpkin Mousse	4	203	85	9.5	8.3	0	7	21	31	1.6	28	0.9	Y	Milk
Quinoa Power (Wild West Superfood)	4	116	26	2.9	0.2	0	0	401.5	23.6	2.8	4.9	3.9	Y	
Slaw-Creamy	4	175	108	12	2.3	0	11.3	367	13.6	2	11.3	1.3	Y	Eggs, Milk
Slaw-Oil & Vinegar	4	123	16	1.8	0.3	0	0	317	26.6	1.7	24.4	1	Y	
Spaghetti Salad	4	182	82	9	1.5	0	1	353	21.3	1.5	1.6	3.7	N	Wheat, Milk, Soy
Spring Pea	4	328	247	27.4	5.5	0	91.7	558	7.5	2.4	2.7	6.4	Y	Milk, Egg
Superfood Mixed Bean	4	162	72	8	0.7	0	0	272	17	4.7	5.4	5.3	Y	Soy
Sweet Corn Salad	4	137	28	3.1	0.5	0	0	119.2	27.3	1.4	22.6	1.2	Y	
Thai Peanut Pasta	4	207	43	4.8	0.9	0	0	412	36	2	19	4.8	N	Wheat, Soy, Peanuts
Whole Grain Apple Cinnamon	4	236	44	5	0.5	0	0	52	47.6	4.8	26	3.8	N	Wheat, Soy, Almonds
Tuna Mac	4	202	97	10.8	2.1	0	23	390.2	18.2	0.9	2.8	7.8	N	Wheat, Egg, Milk
Watergate	4	229	48	5.4	2.7	0	9.8	148	29.7	0.2	17	1.4	Y	Milk, Nuts

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Desserts														
Cake, American Flag	4	204	41	4.5	3	0	48	308	38	1	25	3	N	Milk, Egg, Wheat
Cake, Strawberry Shortcake	4	234	69	8	7	0	47	300	39	1	27	3	N	Milk, Egg, Wheat
Cheesecake, Turtle	4	335	165	18	5	0	0	122	16	2	24	8	N	Milk, Egg, Wheat, Nuts (Pecan)
Cheesecake, Cherry	4	201	47	5	4	0	0	89	9	1	19	6	N	Milk, Egg, Wheat
Cheesecake, Chocolate Cherry	4	252	84	9	6	0	0	78	18	2	25	6	N	Milk, Egg, Wheat
Mousse, Banana	4	269	145	16	10	0	32	207	29	0.1	21	2	N	Milk, Wheat
Mousse, Chocolate	4	276	157	17	11	0	32	174	29	1	24	3	Y	Milk, Soy
Mousse, Lemon	4	370	226	25	18	0	59	330	35	0	30	3	Y	Milk
Mousse, Orange Dream	4	316	205	23	16	0	53	206	26	0.1	23	3	Y	Milk
Mousse, Oreo Cookie	4	390	229	25	20	0	29	229	37	2	29	3	N	Milk, Soy, Wheat
Mousse, Strawberry Banana	4	339	217	24	17	0	49	189	29	1	24	3	Y	Milk,
Salad, Sweet Grape and Orange	4	227	151	17	9	0	7	32	19	3	15	3	Y	Milk, Nuts (Coconut, Walnut)