



Salad Bar Item List



Daily Salad Bar Options

- Protein (2-3 per day; always one vegetarian option)
 - o Diced Turkey Breast
 - o Cheese*
 - o Chick Peas*
 - o Black Beans*
 - o Chicken Salad
 - o Diced Turkey Ham
 - o Tuna Salad with Mayonnaise and Italian Dressing*
 - o Diced Hard Boiled Eggs*
- Vegetable (at least 4-5 per day)
 - o Romaine Lettuce
 - o Mixed Greens
 - o Diced Tomatoes
 - o Shredded Carrots
 - o Diced Cucumbers
 - o Pepper Sticks
 - o Sliced Radishes
 - o Broccoli Spears
 - o Cauliflower Florets
- Additional Sides
 - o Craisins
 - o Sunflower Seeds
 - o Shredded Asiago Cheese
 - o Pear Slices
 - o Whole Wheat Rolls
- Dressings (at least 2 offered daily)
 - o Italian
 - o Balsamic Vinaigrette
 - o Honey Mustard
 - o Creamy Ranch
 - o 1000 Island

**Denotes Vegetarian Option