

Specialty Salads
Nutrient Analysis
2011-2012

Item	Portion Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)
Elementary Salads														
Oriental Chicken	1 Each	190	7.8	3.1	0.0	42	11.8	3.1	19.1	541	1.9	153	5046	11
Chicken Caesar	1 Each	161	10.0	3.7	0.0	31	6.1	2.6	13.9	213	1.2	214	10001	11
Chef	1 Each	192	9.3	4.5	0.0	136	9.8	2.5	17.4	793	1.3	149	5226	11
Fruit and Yogurt (salad w/fruit)	1 Each	161	5.1	3.0	0.0	15	20.7	3.5	9.2	197	1.0	224	4312	26
Yogurt, Dannon, all flavors	4 oz	100	1.5	1.0	0.0	10	17.0	0.0	5.0	55	0.0	150	0	0
Southwest Chicken	1 Each	179	12.1	5.2	0.0	39	6.3	2.5	13.6	218	1.1	213	6372	11
Black Bean & Corn Salsa	1/8 cup	20	0.1	0.0	0.0	0	4.0	1.1	1.1	121	0.3	7	41	0
Harvest Chicken	1 Each	231	12.1	5.2	0.0	39	19.5	3.8	13.8	215	1.5	214	9710	6
Buffalo Chicken	1 Each	208	14.3	6.8	0.0	54	4.9	2.3	18.0	438	2.6	138	5384	12
Secondary Salads														
Oriental Chicken	1 Each	231	9.5	3.6	0.0	54	13.7	3.3	23.6	685	2.2	160	5068	11
Chicken Caesar	1 Each	193	12.4	4.4	0.0	39	6.3	2.6	16.7	249	1.2	240	10431	11
Chef	1 Each	264	14.3	7.6	0.0	159	10.6	2.5	23.2	1053	1.4	251	5429	11
Fruit and Yogurt (salad w/fruit)	1 Each	161	5.1	3.0	0.0	15	20.7	3.5	9.2	197	1.0	224	4312	26
Yogurt, Dannon, all flavors	4 oz	100	1.5	1.0	0.0	10	17.0	0.0	5.0	55	0.0	150	0	0
Southwest Chicken	1 Each	211	14.5	5.9	0.0	47	6.5	2.5	16.4	254	1.1	239	6802	11
Black Bean & Corn Salsa	1/8 cup	20	0.1	0.0	0.0	0	4.0	1.1	1.1	121	0.3	7	41	0
Harvest Chicken	1 Each	263	14.5	5.9	0.0	47	19.7	3.8	16.6	251	1.6	240	10140	6
Buffalo Chicken	1 Each	230	15.1	6.9	0.0	67	4.9	2.3	22.3	445	3.1	138	5384	12
Grains														
Chow Mein Noodles	1/4 Cup	65	2.5	0.8	0.8	0	9.5	0.3	1.5	115	0.5	0	0	0
Croutons, From Scratch	1/4 Cup	31	0.5	0.1	0.0	0	5.5	0.4	0.9	52	0.3	6	0	0
Rolls, Whole Wheat	1 Roll	141	4.3	0.6	0.0	0	22.4	1.6	3.8	294	1.0	29	1	0
Italian Bread, Whole Wheat	1 Each	139	2.1	0.2	0.0	0	26.4	2.3	4.5	200	1.3	31	2	0
Combread	1 Each	194	6.5	1.0	0.0	19	30.1	1.6	4.3	350	1.6	153	110	0
Muffin Loaf, WG, Variety	1 Each	177	6.0	1.0	0.0	10	29.3	2.0	3.0	177	1.4	0	0	0
Tortilla Chips, White Corn	1 oz	144	5.9	0.9	0.0	0	18.6	1.7	1.7	64	0.3	34	0	0
Crackers, Saltines	Package	80	1.5	0.0	0.0	0	13.0	1.0	2.0	270	0.7	0	0	1
Crackers, Premium Gold	Package	90	4.0	1.0	0.0	0	12.0	0.0	1.0	150	0.7	0	0	0

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Graham , Apple Cinn Bear	Package	107	3.0	0.0	0.0	0	19.0	2.0	1.0	90	1.8	20	300	4
Graham, Apple Cinn Waffle	Package	103	3.0	0.0	0.0	0	18.0	1.0	1.0	85	1.8	20	300	4
Graham, Blueberry Waffle	Package	104	3.0	0.0	0.0	0	18.0	1.0	1.0	90	1.8	20	300	4
Graham, Strawberry Dinosaur	Package	107	3.0	0.0	0.0	0	19.0	1.0	1.0	85	1.8	20	300	4
Graham, Strawberry Waffle	Package	105	2.5	0.0	0.0	0	19.0	2.0	1.0	90	1.8	20	300	4
Graham, Vanilla Bear	Package	105	3.0	0.0	0.0	0	18.0	1.0	1.0	85	1.8	20	300	4
Dressings														
Dressing, Ken's Ranch	Pouch	260	28.0	4.0	0.0	10	2.0	0.0	1.0	240	0.0	0	0	0
Dressing, Ken's Ranch,Fat Free	Pouch	40	0.0	0.0	0.0	0	11.0	1.0	0.0	550	0.0	20	0	0
Dressing, Ken's Light Italian	Pouch	45	3.5	0.5	0.0	0	3.0	0.0	0.0	530	0.0	0	0	0
Dressing, Ken's Creamy Italian	Pouch	180	18.0	2.5	0.0	0	4.0	0.0	0.0	420	0.0	0	0	0
Dressing, Ken's Raspberry Vina	Pouch	45	0.0	0.0	0.0	0	12.0	0.0	0.0	110	0.0	0	0	0
Dressing, Ken's Caesar	Pouch	210	23.0	3.5	0.0	0	2.0	0.0	1.0	420	0.0	0	0	0
Dressing, Ken's Greek	Pouch	220	24.0	3.5	0.0	0	1.0	0.0	0.0	190	0.0	0	0	0
Dressing, Ken's Honey Mustard	Pouch	230	23.0	3.5	0.0	15	7.0	0.0	0.0	200	0.0	0	0	0
Dressing, Ken's French,Fat Fre	Pouch	45	0.0	0.0	0.0	0	12.0	1.0	0.0	440	0.0	0	0	0