

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Baked Potato Bar								
Bacon Bits, 1T	36	0	0	6	3	130	0	24
Baked Potato	234	5	<1	5	43	20	5	0
Broccoli Cheese Sauce, 1/4c or 2oz	20	1	<1	<1	2	103	<1	<1
Cheddar Cheese, shredded, 1/4c	114	9	6	8	0	175	0	30
Chives, 1T	2	<1	0	<1	<1	<1	<1	0
Green Onions, 2T	10	<1	0	<1	2	<1	<1	0
Sour Cream, regular, 2 T	61	6	3	<1	1	15	0	13
fat free, 2 T	19	0	0	1.9	3	24	0	0

Pasta Bar

Alfredo Sauce, 1/2c	138	8	3	5	11	533	0	12
Parmesan Cheese, 1T	23	1	1	2	0	93	0	4
Pasta 4 oz portion	185	6	1	5	27	721	2	0
Marinara Sauce, 1/2c	52	1	0	2	9	536	1	1
Meat Sauce, 1/2c	124	6	2	10	7	426	1	29

Salad Bar:

Vegetables

Alfalfa Sprouts, 1/4c	3	0	0	<1	<1	<1	0	0
Broccoli, 4	12	0	0	1	2	12	1	0
Carrot Sticks, 4	7	0	0	0	2	6	<1	0
Cauliflower, 4	13	0	0	1	5	16	1	0
Celery Sticks, 2	6	0	0	0.5	1	30	<1	0
Cherry Tomatoes, 2	7	0	0	0	2	3	<1	0
Chopped Lettuce, 1c	7	0	0	<1	1	5	1	0
Cucumbers, 4	4	0	0	0	<1	<1	<1	0
Garbonzo Beans/ Chickpeas, 1/4c	72	1	0	3	14	180	3	0
Green Pepper Strips, 2	2	0	0	0	<1	0	<1	0
Jalapeno Peppers, 4	2	0	0	0	<1	0	<1	0
Mushrooms, fresh, 4	6	0	0	1	1	1	0	0
canned, 1/2c	19	0	0	1	4	332	1	0
Peas, 1/4c	28	<1	0	2	5	40	2	0
Red Onions, 4)	21	0	0	1	5	2	1	0
Spinach, 4 leaves	9	0	0	1	2	32	1	0
Tomatoes, 2	11	0	0	<1	2	6	1	0
Tofu, 1oz	41	2	0	4	1	4	1	0
Fried Tofu, 1oz	77	6	1	5	3	5	1	0

Toppings non-vegetable

Bacon Bits, 1T	36	0	0	6	3	130	0	5
Chinese Noodles, 1/2c	119	7	1	2	13	99	1	0
Chopped Eggs, 1egg	78	5	2	6	1	62	0	214
Flaked Tuna, 1oz	37	<1	0	8	0	250	0	10
Mozzarella Cheese, shredded, 1/4c	175	13	8	12	1	232	0	49
Peanuts, 28	166	14	2	7	6	230	2	0
Raisins, 50	78	0	0	1	21	3	1	0
Seasoned Croutons, 1/2c	93	4	1	2	13	250	1	1
Sunflower Seeds, 1/4c	165	14	1.5	5	7	116	3	0

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
--	----------	-----	----------	---------	-------	--------	-------	-------------

Salad Dressings

Blue Cheese	90	7	4	1	5	470	0	5
Caesar	111	11	2	2	1	190	0	10
Creamy Italian	100	10	1.5	0	2	230	0	0
Creamy Peppercorn	116	12	2	1	1	183	0	0
Fat Free French	50	0	0	0	12	300	0	0
Fat Free Italian	10	0	0	0	2	290	0	0
Fat Free Ranch	50	0	0	0	11	310	0	0
French	134	13	3	0	5	428	0	0
Poppyseed	66	5	1	0	4	141	0	0
Ranch	170	18	3	0	2	270	0	10
Raspberry Vinaigrette	66	4	1	0	7	174	0	0
Thousand Island	118	11	2	0	5	219	0	5

Other Dressings

Lemon Juice, 1t	0	0	0	0	0	0	0	0
Olive Oil, 1t	40	11	1	0	0	0	0	0
Salad Oil, 1T	121	14	1	0	0	0	0	0
Vinegar, Amber	2	0	0	0	1	0	0	0
Apple Cider, 1T	2	0	0	0	1	0	0	0
Red Wine	4	0	0	0	2	0	0	0

Prepared Salads & Sides

Cottage Cheese, 1/2c	109	5	3	13	3	425	0	5
Egg Salad, 1/2c	177	10	3	9	12	497	0	180
Garden Spiral Pasta Salad, 3oz	144	3	0	4	25	625	0	0
Italian Pasta Salad, 3oz	108	5	1	4	11	177	0	5
Macaroni Salad, 1/2c	181	8	3	5	24	450	0	10
Potato Salad, 1/2c	179	10	2	3	14	661	1	7
Yogurt, fruit, 3oz	89	1	0	4	16	45	0	4
plain, 3oz	62	2	1	5	6	60	0	2

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
--	----------	-----	----------	---------	-------	--------	-------	-------------