

SALAD BAR ITEMS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Beets	1/2 c	37	0.2	0	65	8.5	1.7	1.4
Broccoli	1/2 c	12.5	0.15	0	12	2.3	1.3	1.3
Cabbage (Red)	1/2 c	9.5	0.1	0	4	2.2	0.7	0.5
Carrots, (Baby)	5 medium	20	0.5	<0.1	20	4	1	0.5
Cauliflower	1/2 c	12.5	0.1	<0.1	15	2.6	1.3	1
Celery	2 small sticks	6	0.1	<0.1	35	1.5	0.7	0.3
Cucumbers	6 slices	19.5	0.2	<0.1	3	4.2	1.2	1.1
Lettuce (Mixed Greens)	1/2 c	3.5	<0.1	<0.1	2.5	0.6	0.4	0.4
Lettuce (Romaine)	1/2 c	4	0.1	<0.1	2	0.7	0.5	0.5
Mushrooms	1/2 c	18	0.2	<0.1	3	2.9	0.8	2
Olives, Black, Whole	5	20	2	0.5	110	<1	0	0
Onions, Red, Chopped	1/2 c	30.5	0.2	<0.1	2.5	6.9	1.5	1
Peas, Green	1/2 c	62	0.2	<0.1	70	11.4	4.4	4.1
Peppers	1/2 c	8	<0.1	<0.1	1	1.9	0.5	0.3
Radishes	1/2 c	12	0.3	<0.1	14	2.1	0.9	0.3
Tomatoes	1/2 c	13	0.2	<0.1	5.5	2.9	0.7	0.5

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.