

SALAD BAR ITEMS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Toppings:								
Chow Mein Noodles	1 oz	142	6	1.3	212	16	1.9	5
Croutons, Plain	1 oz	115	1.9	0.4	198	21	1.4	3
Raisins	1 oz	85	0.1	0	3	22	1	1
Sunflower Seeds	2 oz = 1/4 c	170	14	1.5	105	6	3	5
Cheeses:								
Mild Cheddar	1 slice	80	7	4	135	0	0	5
Swiss	1 slice	80	6	4	45	0	0	6
Shredded Cheddar Cheese	1/4 c	110	9	5	180	1	0	7
Shredded Asiago Cheese	2 Tbsp = 1 oz	40	4	2	80	0	0	4
Meats/Meat Substitutes:								
Bacon, Crumbled	1 oz	122	8.1	4.1	771	0	0	12
Black Beans	1/2 c	110	0.5	0	270	23	7	8
Garbanzo Beans	1/2 c	105	2	0	282	20	5	6
Kidney Beans	1/2 c	110	0	0	270	22	8	8
Walnuts	14 Halves	185	18.5	1.7	1	4	1.9	4
Egg, Hard Cooked	1 large	78	5.3	1.6	62	0	0	6
Extra Firm Tofu	1 1/2 oz	48	2.5	0.5	5	3	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.