

## SALAD BAR

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0020454100000	AMERICAN SALAD	1/2 cup	100	20	0	0	0	0	0	1	2	20	1	4
0205186000008	AMISH MACARONI SALAD	1/2 cup	140	480	110	12	2	0	20	11	17	370	4	
0476000016622	ANCHOVIES IN OIL	1 oz	28	45	0	0	0	0	15	9	0	1810	0	0
0710708412141	ANTIPASTO SUPREME	1/2 cup	100	200	180	18	3	0	15	4	2	1170	0	6
0425000064836	AVOCADO SALAD	1/2 cup	100	150	130	13	2.5	0	0	3	1	60	8	9
0710708403521	BABY SPINACH	1 cup	30	10	0	0	0	0	0	1	0	25	0	1
0203087000004	BABY SPINACH SALAD	1 cup	30	10	0	0	0	0	0	1	0	25	0	1
0476000016660	BALSAMIC CHICKEN	3 oz	85	100	35	2	0.5	0	60	21	0	300	1	0
0041497214549	BARTLETTE PEARS	3 oz	85	120	0	3.5	1.5	0	50	17	0	430	0	3
0710708431043	BEEF FAJITA STRIPS	3 oz	85	120	30	3.5	1.5	0	50	17	0	430	0	3
0710708412097	BELLA PASTA	1/2 cup	140	240	90	12	2	0	15	5	8	1050	0	29
0710708421433	BLACK BEAN SALAD	1/2 cup	100	190	45	4.5	0	0	0	9	2	410	0	29
0710708402272	BLACK FOREST CHEESECAKE	1/2 cup	113	300	480	19	3	0	55	4	2	320	1	30
0033383211053	BLACKBERRIES	1/2 cup	72	30	130	0	0	0	0	1	4	0	4	7
0710708421785	BLEU CHEESE POTATO SALAD	1/2 cup	140	230	140	15	6	0	25	6	3	680	2	17
0710708421877	BLUE CHEESE DRESSING	2 tbsp	30	110	100	11	2	0	15	1	2	240	0	2
0710708402296	BREAD PUDDING	1/2 cup	113	130	25	3	1	0	0	4	15	135	0	21
0425000067349	BROCCOLI FLORETS	1/2 cup	44	10	0	0	0	0	0	1	1	10	1	2
0425000067394	BROCCOLI SALAD	1/2 cup	100	160	130	13	5	0	25	7	2	270	1	5
0710708415371	BRUSCHETTA	1/2 cup	100	90	70	7	0.5	0	0	1	4	480	0	6
0710708422621	BUFFALO WHT MEAT CHK SALAD	1/2 cup	100	200	120	13	3.5	0	55	16	2	610	0	4
0710708421938	BUTTERMILK RANCH DRESSING	2 tbsp	28	110	110	12	2	0	10	1	1	230	0	2
0425000067387	CAESAR SALAD	1/2 cup	100	220	90	9	1.5	0	10	9	1	640	1	31
0710708412226	CALICO BEAN	1/2 cup	100	210	90	9	0.5	0	0	8	3	500	0	25
0425000068469	CANTALOUPE	1/2 cup	80	25	0	0	0	0	0	1	6	15	0	7
0710708403576	CARROTS SHREDDED	1/2 cup	80	30	0	0	0	0	0	1	4	55	0	8
0425000067332	CAULIFLOWER FLORETS	1/2 cup	50	15	0	0	0	0	0	1	1	15	1	2
0710708403606	CELERY CRESCENTS	1/2 cup	57	10	0	0	0	0	0	1	1	45	1	2
0710708402289	CHEESECAKE DESSERT	1/2 cup	113	310	180	20	13	0.5	60	5	18	410	0	27
0710708431838	CHESAPEAKE COLE SLAW	1/2 cup	100	200	170	17	3	0	15	1	8	410	0	10
0710708401541	CHICK PEAS	1/2 cup	130	110	10	2	0.5	0	0	6	3	350	0	20
	CHICKEN SALAD	1/3 cup	100	210		14	2.5	0	50	11	7	850	0	11
0710708402524	CHOW MEIN NOODLES	2 tbsp	30	160	90	10	2.5	0	0	2	1	170	1	17
0710708412035	CONFETTI PASTA SALAD	1/2 cup	140	150	10	1	0	0	0	6	2	500	3	31
0710708431050	COOKED SHRIMP	2 oz	57	80	25	2.5	0	0	110	14	0	250	0	0
0710708401084	COTTAGE CHEESE	1/2 cup	115	90	15	1.5	1	0	15	14	4	480	0	6
0071070843317	CRANBERRY VEGGIE CRUNCH SALAD	1/2 cup	100	210	140	15	1.5	0	10	4	11	210	3	17
0710708422959	CRANBERRY-ALMOND QUINOA	1/2 cup	100	160	60	6	0	0	0	3	8	135	0	24
0710708421907	CREAMY CAESAR DRESSING	2 tbsp	30	130	120	13	3	0	5	1	0	330	0	1
0071070843276	CREAMY HERBED PENNE & CHICKEN SALAD	1/2 cup	140	330	180	20	2.5	0	50	12	3	580	1	23
	CREAMY SEAFOOD SALAD	1/3 cup	100	230		16	2.5	0	20	4	7	340	0	18
0710708426568	CRUMBLLED BLUE	2 tbsp	30	110	80	9	6	0	20	6	0	420	0	1
0710708401107	CRUMBLLED FETA	2 tbsp	30	80	60	7	4	0	15	4	0	370	0	1
0710708418266	CRUNCHY WHEATBERRY	1/2 cup	100	130	40	4	0	0	0	3	13	320	0	23
0425000067417	CUCUMBER SALAD	1/2 cup	100	90	80	8	1.5	0	5	1	2	160	0	4
0425000067301	CUCUMBER SLICES	1/2 cup	52	10	0	0	0	0	0	0	1	0	0	2
0024000057738	DEL MONTE CITRUS SALAD	1/2 cup	126	70	0	0	0	0	0	1	14	0	1	16
0002400050771	DEL MONTE MANDARIN ORANGES	1/2 cup	126	70	0	0	0	0	0	1	15	0	1	17
0002400057742	DEL MONTE PEACHES	1/2 cup	126	70	0	0	0	0	0	0	16	10	1	17
0002400057745	DELMONTE RED GRAPEFRUIT	1/2 cup	126	60	0	0	0	0	0	1	11	0	1	1
0710708419676	DICED HAM	3 oz	85	90	20	3	1.5	0	45	14	2	790	0	2
0710708401305	DICED WHITE TURKEY	3 oz	85	80	10	1.5	0	0	30	14	0	630	0	3
0071070841814	EDAMAME IN OIL	1/2 cup	100	120	50	6	0	0	0	10	2	320	0	8
0710708418143	EDAMAME SUCCOTASH	1/2 cup	100	180	100	10	0.5	0	0	5	7	320	3	18
0710708410987	EGG SALAD	1/2 cup	100	220	180	18	4	0	360	11	2	440	0	3
0710708401251	FAJITA CHICKEN STRIPS	3 oz	85	110	10	1	0	0	50	21	0	540	0	2

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0710708403484	FANCY SALAD	1/2 cup	100	20	0	0	0	0	0	1	1	15	1	4
0710708421884	FRENCH DRESSING	2 tbsp	30	120	100	11	2	0	5	0	6	400	0	6
0042500006727	FRUIT DIP	2 tbsp	30	45	30	3.5	2	0	10	1	5	35	0	5
0710708421921	GARLIC BALSAMIC VINAIGRETTE	2 tbsp	30	10	0	0	0	0	0	0	1	480	0	2
0425000064843	GEM LETTUCE SALAD	1/2 cup	100	20	5	0	0	0	0	1	1	30	2	3
0007340510276	GIARDINIA SALAD	2 tbsp	33	0	0	0	0	0	0	0	0	370	1	1
0710708421914	GOLDEN ITALIAN DRESSING	2 tbsp	30	70	60	7	1	0	0	0	3	480	0	4
0425000067318	GRAPE TOMATOES	1/2 cup	110	20	0	0	0	0	0	1	3	5	1	4
0425000068483	GRAPES	1/2 cup	50	35	0	0	0	0	0	0	8	0	0	9
0425000067370	GREEN PEAS	1/2 cup	75	60	0	0	0	0	0	4	4	0	4	11
0490000074932	GREEN PEPPERS	1/2 cup	46	10	0	0	0	0	0	0	1	0	1	2
0022300000108	GRILLED ARTICHOKE	1 oz	28	50	35	4	0	0	0	1	1	200	1	2
0476000016684	GRILLED CHICKEN STRIPS	3 oz	85	100	35	3	1	0	65	18	0	310	1	1
0022300008524	GRILLED PIQUILLO PEPPERS	2 peppers	30	15	0	0	0	0	0	0	2	60	1	3
0710708401169	HARD COOKED EGGS	2 tbsp	30	50	100	3	1	0	125	4	1	40	0	1
0710708432019	HAWAIIAN SALAD	1/2 cup	100	170	140	8	4.5	1.5	0	2	18	55	1	23
0002230000810	HEARTS OF PALM	1 oz	28	10	0	0	0	0	0	1	1	100	1	1
0710708430879	HERB POTATO SALAD	1/2 cup	140	220	120	16	2.5	0	15	2	2	420	0	17
0710708421822	HOMESTYLE COLE SLAW	1/2 cup	100	180	120	12	2	0	5	1	17	330	0	18
0710708414947	HOMESTYLE EGG/POTATO SALAD	1/2 cup	140	220	70	9	2.5	0	50	3	11	660	0	32
0710708415395	HOMESTYLE TUNA SALAD	1/2 cup	140	310	160	9	1	0	55	7	18	390	2	24
0710708432187	HONEY LEMON BOWTIE PASTA SALAD	2-Jan	140	310	80	9	1	0	55	7	18	390	2	24
0710708421983	HONEY MUSTARD DRESSING	2 tbsp	30	160	150	17	3	0	5	1	3	110	0	2
0425000068506	HONEYDEW	1/2 cup	85	30	0	0	0	0	0	0	7	15	0	8
0710708403491	ICEBERG LETTUCE	1 cup	57	10	0	0	0	0	0	1	1	5	0	2
0425000064850	ICEBERG WEDGE SALAD	1/2 cup	100	90	80	7	2.5	0	10	3	2	230	1	3
0710708402494	IMITATION BACON BITS	1 tbsp	15	60	40	2	0	0	0	6	0	270	0	4
0041143089569	JUMBO RAISINS	1 oz	30	100	0	0	0	0	0	1	22	10	2	23
0000593900019	KALE	1 cup	21	10	0	0	0	0	0	1	1	10	1	1
0476000016608	LEMON PEPPER BAKED TOFU	3 oz	85	120	35	7	1	0	0	1	1	180	2	4
0476000016677	LEMON PEPPER CHICKEN	3 oz	85	150	90	8	1.5	0	60	18	1	360	1	2
0710708421303	LOADED BAKED POTATO SALAD	1/2 cup	140	210	110	15	6	0	30	5	3	860	0	21
0710708411687	LOBSTER SALAD	1/2 cup	100	170	100	10	2	0	20	6	5	810	0	13
0710708422072	LOW FAT WHT ZINFANDEL VIN	2 tbsp	30	45	20	2	0	0	0	0	8	450	0	9
0710708416958	MARINATED MUSHROOMS	1/2 cup	100	100	80	8	0.5	0	0	1	3	870	0	5
0710708411670	MD STYLE KRAB SALAD	1/2 cup	100	210	150	15	1	0	25	7	4	850	0	13
0710708431845	MD STYLE MACARONI W/SHRIMP	1/2 cup	140	410	230	31	5	0	70	9	3	590	0	23
0710708419836	MEDITERRANEAN GREEK PASTA	1/2 cup	140	260	100	13	3	0	15	7	5	640	0	29
0710708431661	MEDIUM QUEEN SLICES	1 tbsp	15	25	170	2.5	0.5	0	0	0	0	370	0	0
0425000067288	MIXED FRUIT	1/2 cup	100	40	0	0	0	0	0	1	9	10	1	12
0710708426469	MOROCCAN QUINOA SALAD	1/2 cup	100	170	50	5	0	0	0	3	13	150	0	31
0710708401152	MOZZERELLA BALLS	1 each	30	80	240	7	4	0	20	5	0	20	0	1
0710708402470	MULTI GRAIN CROUTON LG	2 tbsp	30	130	40	4.5	0	0	0	4	0	360	0	21
0425000067356	MUSHROOM SLICES	1/4 cup	35	5	0	0	0	0	0	0	0	135	0	1
0070708428789	MUSTARD POTATO/EGG SALAD	1/2 cup	140	240	100	14	2.5	0	30	3	0	730	0	27
0710708410932	NATURAL PORTION CHICKEN SALAD	1/2 cup	100	210	150	15	3	0	45	14	2	410	0	5
0031200004130	OCEAN SPRAY CRAISINS	1/4 cup	40	130	0	0	0	0	0	0	29	0	3	33
0710708412011	ORIENTAL PASTA	1/2 cup	140	230	45	6	0.5	0	0	6	11	540	0	38
0710708431012	ORZO W/TOMATOES & CAPERS	1/2 cup	140	230	70	10	0.5	0	0	6	5	390	2	29
0710708417603	PA DUTCH MACARONI SALAD	1/2 cup	140	370	150	20	4	0	60	5	18	760	0	40
0710708422003	PARMESAN PEPPER DRESSING	2 tbsp	30	90	70	8	2	0	5	1	3	350	0	3
0710708411878	PASTA BROCCOLI SALAD	1/2 cup	140	300	160	22	15	0	0	5	1	690	2	23
0710708411939	PASTA FLORENTINE	1/2 cup	140	360	200	22	1.5	0	0	7	1	630	1	32
0004149721454	PEAR HALVES	1/2 cup	130	100	0	0	0	0	0	0	19	10	2	25
0710708431999	PEPPER CABBAGE	1/2 cup	100	80	0	0	0	0	0	1	17	240	1	18
0425000067325	PEPPER SLICES	1/2 cup	46	10	0	0	0	0	0	0	1	0	1	3

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0710708401183	PICKLED EGGS	1 each	50	110	60	7	2.5	0	235	7	0	90	0	1
0425000067295	PINEAPPLE	1/2 cup	83	40	0	0	0	0	0	0	8	0	1	11
0710708402012	PITTED BLACK OLIVES	1 tbsp	57	15	90	30	2.5	0	0	0	0	115	0	1
0659061731486	POTATO CHIP CRUMBLES	1 oz	28	150	80	9	1.5	0	0	2	0	160	1	16
0710708411946	PRIMA PASTA SALAD	1/2 cup	140	310	140	19	3	0	10	7	4	900	0	27
0710708415616	PUMPKIN BREAD PUDDING	1/2 +cup	113	150	30	4.5	2	0	65	6	5	300	1	19
0710708431036	QUINOA TABOULI	1/2 cup	100	160	100	10	0.5	0	0	3	2	420	2	15
0071070840353	RADISHES SHREDDED	1/4 cup	57	10	0	0	0	0	0	1	1	25	1	2
0710708418983	RAINBOW PASTA SALAD	1/2 cup	140	340	120	17	1.5	0	0	6	5	670	0	42
0710708422010	RASPB VINAIGRETTE DRESSING	2 tbsp	30	120	90	10	2	0	0	0	6	250	0	7
0710708402487	REAL BACON BITS	1 tbsp	15	60	80	4.5	2	0	10	6	0	410	0	0
0710708401121	REAL SHREDDED CHEDDAR	2 tbsp	30	130	100	11	8	0	30	7	1	150	0	1
0710708403811	RED CABBAGE SHREDDED	1/4 cup	25	15	0	0	0	0	0	0	1	5	0	2
0425000067363	RED ONION SLICES	1/2 cup	57	25	0	0	0	0	0	1	2	0	1	5
0710708421945	REDUCED CALORIE RANCH DRESSING	2 tbsp	30	60	50	6	1	0	10	1	1	230	0	2
0710708402340	RICE PUDDING	1/2 cup	129	130	140	2.5	1.5	1	15	4	15	140	0	24
0041497135516	RIPE OLIVES	1 oz	29	40	25	3	0	0	0	0	0	210	0	0
0002230000010	ROASTED ARTICHOKES	1 oz	28	50	35	4	0	0	0	1	1	200	1	2
0710708421440	ROASTED CORN SALAD	1/2 cup	100	170	60	6	0	0	0	5	7	640	0	26
0710708420955	ROMAINE LETTUCE	1 cup	47	10	0	0	0	0	0	1	1	0	1	2
0203088000003	ROMAINE SALAD	1 cup	47	10	0	0	0	0	0	1	1	0	1	2
0710708421846	SALAD OIL	2 tbsp	30	240	240	28	2	0	0	0	2	0	0	2
0710708421839	SALAD VINEGAR	2 tbsp	30	10	0	0	0	0	0	0	2	0	0	2
0710708431067	SALMON FILLETS	3 oz	85	80	20	2	0	0	35	17	1	250	0	0
0710708402579	SALTINE CRACKERS	1 cracker	3	15	15	0	0	0	0	0	0	45	0	2
0710708421518	SEA SMART SURIMI SEAFOOD	1/4 cup	55	50	0	0	0	0	10	5	2	330	0	8
0710708411120	SEAFOOD SALAD	1/2 cup	100	150	80	8	11.5	0	15	5	5	790	0	13
0710708402531	SESAME SALAD BITS	2 tbsp	30	160	110	12	2	0	0	2	0	460	2	14
0047600001669	SESAME SEARED AHI TUNA	3 oz	85	110	1	2	1	0	25	23	0	160	0	2
0710708401091	SHREDDED CHEDDAR	2 tbsp	30	130	100	11	8	0	30	7	0	150	0	1
0071070840109	SHREDDED PARMESAN	2 tbsp	30	110	70	8	5	0	25	9	0	450	0	1
0007107084315	SHRIMP IN OIL	1/4 cup	57	80	25	2.5	0	0	110	14	0	250	0	0
0710708411793	SHRIMP PASTA	1/2 cup	140	290	140	19	3.5	0	45	7	6	710	0	22
0710708401848	SLICED HOT BANANA PEPPER	1 oz	28	5	480	0	0	0	0	0	0	380	0	1
0710708401190	SLICED PEPPERONI	1 oz	30	170	480	14	5	0	30	5	0	530	0	0
0710708401534	SLICED PICKLED BEETS	1/4 cup	50	35	0	0	0	0	0	0	7	90	0	7
0710708431029	SMOKED GOUDA PASTA	1/2 cup	140	430	230	32	7	0	50	11	4	770	0	24
0710708415265	SPRING MIX	1 cup	19	10	0	0	0	0	0	1	0	20	0	1
0203091000007	SPRING MIX SALAD	1 cup	19	10	0	0	0	0	0	1	0	20	0	1
0425000068513	STRAWBERRIES	1/2 cup	113	35	5	0	0	0	0	1	6	0	0	9
0425000068490	STRAWBERRIES/BLEUBERRIES	1/2 cup	75	25	5	0	0	0	0	1	4	0	0	6
0710708422102	SUNDRIED TOM PESTO TOFU	3 oz	85	140	130	11	1	0	0	8	1	250	0	4
0710708402548	SUNFLOWER SEEDS	2 tbsp	30	180	130	14	1.5	0	0	7	1	0	2	8
0710708401770	SWEET GHERKINS	1 oz	28	35	480	0	0	0	0	0	7	140	0	0
0710708421952	THOUSAND ISLAND DRESSING	2 tbsp	30	210	200	22	9	0	15	0	5	220	0	5
0710708400827	TOMATO MATRIX	1 oz	114	100	340	38	8	0	0	0	4	1100	0	15
0425000067400	TOMATO MOZZ SALAD	1/2 cup	100	100	70	7	3	0	10	4	2	110	1	3
0710708411823	TORTELLINI & VEGETABLES	1/2 cup	140	320	180	20	2.5	0	20	6	5	900	0	29
0710708417276	TROP CHICKEN SALAD W/WALNUTS	1/2 cup	100	270	190	19	3	0	40	12	10	310	1	13
0020681500000	TUNA SALAD	1/2 cup	100	290	210	23	4.5	0	40	15	1	470	0	5
0710708422515	TURKEY, CRAN, WALNUT SALAD	1/2 cup	100	330	260	25	4.5	0	65	16	4	380	0	8
0425000068476	WATERMELON	1/2 cup	76	25	0	0	0	0	0	0	5	0	0	6
0041497075072	WHITE MUSHROOMS	1/2 cup	35	5	0	0	0	0	0	0	0	135	0	1
0710708401565	WHOLE BABY CORN	1/2 cup	130	30	0	0	0	0	0	2	1	280	0	4