

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Tossed Salad - BASIC											
Tossed Salad 5oz	2 cups	25			0	0	0	0	15	5	2
Tomatoes	4 slices	5			1	0	0	0	1	1	0
Cucumber	4 slices	8			1	0	0	0	2	1	0
Croutons	8 each	30			10	1	0	0	90	5	1
Mozzarella Cheese	1T	70	1		40.5	4.5	1	16		0.8	7
Dinner Rolls	2	160		2	9	1	0	0	380	32	8
olives, Black	4 each	25			23	2.5	0	0	115	1	0
Total		323	1	2	84.5	9	1	16	603	45.8	18
		323	1	2	84	9	1	16	603	45	18
Popcorn Chicken Salad											
Basic Salad		323	1	2	84	9	1	16	603	45	18
Popcorn Chicken	6 pieces	115	1	0	65	7	1	15	120	7	6
Total		438	2	2	149	16	2	31	723	52	24
Chicken Tender Salad											
Basic Salad		323	1	2	84	9	1	16	603	45	18
Chicken Tenders	2 each	169	1.3	0.75	81	9	2	40	220	10	11
Total		492	2.3	2.75	165	18	3	56	823	55	29
Chicken Ceasar Salad											
Basic Salad		323	1	2	84	9	1	16	603	45	18
Chicken patty	1 patty	254	2	1	126	14	3	59	321	15	17
Total		577	3	3	210	23	4	75	924	60	35
Tuna Salad Plate											
Saltine Crackers	1 pkg	100		1	27	3	0	0	150	16	1
Basic Salad		323	1	2	84	9	1	16	603	45	18
Tuna		263	0	0	183	20	4	57	482	20	17
Total		686	1	3	294	32	5	73	1235	81	36

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbs g	Protein g
Cobb Salad											
Diced Chicken, Charbroiled	1 each	110	2		40	4.5	1.5	50	530	3	14
Egg, Hard Boiled	1/2 egg	36	0.5		22	2.4	0	93	36	0	3
Basic Salad		323	1	2	84	9	1	16	603	45	18
Total		469	3.5	2	146	15.9	2.5	159	1169	48	35

Chef Salad											
Basic Salad		323	1	2	84	9	1	16	603	45	18
Turkey	1oz	25	1		4	0	0	10	130	0	5.5
Ham	1oz	30	1		7	2	0	12.5	305	1	4
Egg, Hard Boiled	1/2 egg	36	0.5		22	2.4	0	93	36	0	3
Total		414	4	2	117	13	1	132	1074	46	31