

<b>Salad Bar - FRUITS</b>	<b>SERVING SIZE</b>	<b>CALORIES</b>	grams <b>FAT</b>	gram <b>SAT FAT</b>	mg <b>SODIUM</b>	gram <b>CARBS</b>	gram <b>FIBER</b>
Apple Green	1	80	0	0	0	22	5
Apple Red	1	80	0	0	0	22	5
Banana	1	79	0	0	0.8	20	2.3
Can - Apple Slices	1/2 cup	33.3	0	0	6.6	8	0.6
Can - Applesauce	1/2 cup	50	0	0	15	15	2
Can - Peaches	1/2 cup	70	0	0	10	17	0.5
Can - Pears	1/2 cup	60	0	0	5	15	2
Can - Pineapple	1/2 cup	70	0	0	10	17	1
Grapes	1/2 cup	60	0	0	10	15.3	0.7
Kiwi	1	50	0.5	0	0	12	2
Orange	1	80	0	0	0	21	7
Pear	1	103	0.2	0	1.8	27.5	5.5
<b>Salad Bar-VEGETABLES</b>	<b>SIZE</b>	<b>CALORIES</b>	<b>FAT</b>	<b>SAT FAT</b>	<b>SODIUM</b>	<b>CARBS</b>	<b>FIBER</b>
Beans - Garbonzo	1/2 cup	100	0	0	500	14	6
Beans - Green can	1/2 cup	25	0	0	270	5	1
Beans - Kidney	1/2 cup	90	0	0	520	17	7
Broccoli	3	5	0	0	12.5	0.6	0.8
Carrots	3	23.3	0	0	43.3	5.3	1.3
Cauliflower	3	4.1	0	0	10.8	0.7	0.7
Celery	3	5	0	0	25	1.2	0.5
Corn Canned	1/2 cup	25	0	0	280	4	2
Jalapeno Slices	1 oz	5	0	0	510	1	1
Jicama	3	11	0	0	1.3	2.3	0.1
Lettuce - Salad	1/4 cup	11.3	0	0	3.3	2	0.7
Lettuce - Shredded	1/4 cup	2.5	0	0	1.7	0.5	0.1
Salsa	1/8 cup	10	0	0	140	2	0.5
Tomatoes Grape	3	6.5	0.1	0	8.8	2	0.5
Zucchini	2	5	0	0	3	1	0.2
	<b>SIZE</b>	<b>CALORIES</b>	<b>FAT</b>	<b>SAT FAT</b>	<b>SODIUM</b>	<b>CARBS</b>	<b>FIBER</b>