

Salads and Dressings

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Total Fiber	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Garden Salad		233	12	7	22	487	18	5	17	55%	80%	35%	8%	
Chef Salad		279	15	6	284	888	9	3	19	52%	31%	12%	11%	
Caesar Salad w/ Dressing		392	30	7	57	983	24	3	9	166%	57%	16%	10%	
Caesar Salad w/o Dressing		192	10	3	37	543	20	3	7	166%	57%	16%	10%	
Regular Salad		30	0	0	0	18	5	2	1	30%	16%	2%	3%	
Side Salad		17	0	0	0	15	4	1	1	26%	11%	2%	2%	
1/2 Gallon Lettuce		133	1	0	0	101	25	9	6	177%	74%	13%	16%	
Pasta Salad	4 oz	157	9	2	0	261	14	2	3	3%	0%	4%	6%	
Potato Salad	4 oz	215	16	2	14	763	16	1	3	4%	0%	3%	5%	
Ranch	1 oz	116	12	2	11	233	2	0	0	0%	0%	1%	0%	
Italian	1 oz	150	14	2	0	420	7	0	0	0%	0%	0%	0%	
French	1 oz	110	10	1.5	0	310	7	0	0	0%	0%	0%	0%	
Bleu Cheese	1 oz	180	19	4	20	240	1	0	1	0%	0%	2%	0%	
1000 Island	1 oz	140	13	2	10	290	6	0	0	0%	0%	0%	0%	
Lo-Calorie Ranch	1 oz	52	5	1	8	194	1	0	1	1%	0%	2%	0%	
Caesar Dressing	1 oz	100	10	2	10	220	2	0	1	0%	0%	0%	0%	
Fat Free Honey Mustard	1 oz	60	0	0	0	280	13	0.5	0	0%	0%	0%	0%	
Fat Free Italian	1 oz	30	0	0	0	350	8	0	0	0%	0%	0%	0%	
Captian Wafers (Crackers)	2 Pack	70	2.5	0	0	105	9	0	1	0%	0%	0%	2%	
Chicken Breast	1 Each	120	3.5	1	55	640	1	2	23	2%	2%	2%	6%	
Chicken Tenders	2 pcs	250	10	1.5	40	500	22	4	19	2%	0%	2%	6%	

This nutritional information is based on standard recipes and product formulas. Some variation may occur due to season, supplier, and minor differences in product assembly.