

Sneed									Updated	Fall 2023
Light & Easy Salads										
Menu Item Name	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<b>Proteins</b>										
Bacon	1oz.	35	3	0	0	2			✓	Pork
Grilled Chicken (Halal)	2 oz	61.5	1.5	0	0	12			✓	
Breaded Chicken	4oz	120	5	8	1	12				Wheat
Egg, hard boiled	1 egg	77	5	0.5	0	6		✓	✓	Egg
<b>Vegetables</b>										
Carrots, shredded	1oz	11	0	3	1	0	✓	✓	✓	
Black Olives	1 oz	50	5	2	0	0	✓	✓	✓	
Croutons	1/2oz	60	2	10	0	2		✓		Wheat,Milk
Broccoli	2oz	16	0	2	2	2	✓	✓	✓	
Cucumbers	1oz	4	0	1	1	0	✓	✓	✓	
Dried Cranberries	1oz	92	0	23	4	0	✓	✓	✓	
Iceberg Lettuce	1oz									
Red Onions	1oz	10	0	2	1	0	✓	✓	✓	
Shredded Cheddar	1oz	114	9	0	0	4		✓	✓	Milk
Spinach	2 Cups	18	0.2	2	1.3	2	✓	✓	✓	
Diced Tomatoes	1oz	5	0	1	0	0				
<b>Dressings</b>										
Caesar Dressing	1oz.	123	12	2	0	2		✓	✓	Milk,Soy,Egg
Honey Mustard	1 oz	136	12	7	0	0		✓	✓	Egg, Soy
Italian	1 oz	53	5	2	0	0		✓	✓	Soy
Ranch	1oz	140.2	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Thousand Island	1oz	84.8	8	3	0	0.2		✓	✓	Egg, Soy
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										