

Wall/Gates: Salads										Updated Fall 2021
Build Your Own Salad	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Romaine Lettuce	3.5oz	17	<1	3	2	1	✓	✓	✓	
Spinach	3.5oz	23	<1	3.5	2	3	✓	✓	✓	
Grilled Chicken	2oz	85	2.5	0.5	0	15			✓	Soy
Fried Chicken	2.5oz	120	4.5	8	1	12				Wheat
Chopped Turkey	2oz	50	0.5	1	0	11			✓	
Chopped Ham	2oz	60	1.5	2	0	10			✓	Pork
Sliced Turkey	2oz	50	0.5	1	0	11			✓	
Sliced Ham	2oz	60	1.5	2	0	10			✓	Pork
Tuna Salad	3oz	210	16	7	1	10				Wheat,Soy,Egg
Sliced Roast Beef	2oz	80	3	0	0	14				
Bacon Bits	1/2oz	70	6	0	0	4			✓	Pork
Cherry Tomatoes	1oz	5	0	0	0	0	✓	✓	✓	
Shredded Carrots	1oz	10	0	2	0	0	✓	✓	✓	
Steamed Broccoli	1oz	9	0	2	0	1	✓	✓	✓	
Cucumbers	1oz	5	0	0	0	0	✓	✓	✓	
Mushrooms	1oz	7	0	2	0	1	✓	✓	✓	
Black Olives	1/2oz	25	2.5	1	0	0	✓	✓	✓	
Onions	1oz	4	0	0	0	0	✓	✓	✓	
Pickles	1oz	5	0	0	0	0	✓	✓	✓	
Slices Tomatoes	1oz	5	0	0	0	0	✓	✓	✓	
Leaf Lettuce	1oz	5	0	0	0	0	✓	✓	✓	
Jalapenos	1oz	5	0	0	0	0	✓	✓	✓	
Croutons	1/2oz	60	2	10	0	2		✓		Wheat,Milk
Sesame Seeds	1/2oz	0	0	0	0	0	✓	✓	✓	Sesame
Shredded Cheddar	1oz	110	9	1	0	7		✓	✓	Milk
Shredded Parmesan	1oz	100	7	0	0	9		✓	✓	Milk
Provolone Cheese	1oz	100	8	0	0	7		✓	✓	Milk
Swiss Cheese	1oz	80	6	1	0	6		✓	✓	Milk
American Cheese	1oz	100	9	1	0	5		✓	✓	Milk,Soy
<b>Dressings:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy or Contains</b>
Caesar	1oz	110	11	2	0	1		✓	✓	Milk, Soy, Egg
Honey Mustard	1oz	130	13	4	0	0		✓	✓	Soy, Egg

Italian	1oz	50	5	2	0	0	✓	✓	✓	Soy
Light Italian	1oz	40	3	3	0	0		✓	✓	Milk, Soy
Ranch	1oz	110	11	2	0	0		✓	✓	Milk, Soy, Egg
Light Ranch	1oz	70	5	7	0	0		✓	✓	Soy, Egg
Raspberry Vinaigrette	1oz	35	0	8	0	0	✓	✓	✓	
Balsamic Vinaigrette (Fat Free)	1oz	20	0	5	0	0	✓	✓	✓	
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										