



Salad Bar

Primary Ingredient (Large Amount)

Spinach

Romaine

Secondary Ingredient (Moderate to Large Amount)

Hard Boiled Egg

Cottage Cheese

Broccoli

Tomato

Bell Peppers (Red, Orange, Yellow, Green)

Berries (Blue, Rasp, Straw)

Cucumbers

Lean meats (turkey, chicken, tuna)

Tertiary Ingredients (Small Amount)

Yogurt

Oil and Vinegar Dressing

Italian Dressing

Mozzarella and Swiss Cheeses

Avocado