

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Total Fiber	Dietary 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%
Turkey Chef Salad		250	10	4	294	833	9	3	23	52%	31%	12%	15%
Chicken Chef Salad		300	12	4	304	863	11	3	31	52%	31%	16%	15%
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%
Chicken Caesar Salad		502	33	7	107	1563	26	3	29	166%	57%	20%	14%
Chicken Caesar Salad w/o Dressing		302	13	3	87	1123	22	3	27	166%	57%	20%	14%
Turkey Caesar Salad		452	31	7	97	1533	24	3	21	166%	57%	16%	14%
Turkey Caesar Salad w/o Dressing		252	11	3	77	1093	20	3	19	166%	57%	16%	14%
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	161	17	3	16	207	1	0	1	0%	1%	3%	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		110	3	0	50	580	2	0	20	0%	0%	4%	4%
Chicken Tenders	2 pcs		250	10	1.5	40	500	22	4	19	2%	0%	2%	6%