

SALAD

	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Black Bean Salad	0.5 CUP	157	5	1.64	0.26	N/A	0	16.73	3.5	N/A	246	1.7	23.7	577	29
Breaded Chicken Salad	1 SALAD	191	15	12.8	4.8	0	46	6	1	3	380	1.58	2	4738	130
Grilled Chicken Salad	1 SALAD	110	11	6.2	3.0	0.0	36	4	1	1	257	1	7	4663	135
Ham Salad	1 SALAD	171	20	9.5	4	0	62.5	4	1	1	1105	1.485012	2	4663	115
Romaine Garden Salad (lettuce only)	3 OZ	17	0	0.0	0.0	N/A	0	2	1	1	20	0.36	4	350	10
Taco Salad (lettuce, meat, cheddar, salsa, cour cream, chips)	1 SALAD	371	16	24.5	11.0	1.5	40	22	14	5	807	2.26	6	5345	30