

ASD Elementary Salad Bar

Recipe Description	Portion Size	Cals	Carb (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)
Lettuce, romaine	1/2 cup	4	0.77	0.29	0.07	0.01	0	2	0.49	0.23	7.8	1365	5.64
Spinach	1/2 cup	4	0.54	0.43	0.06	0.01	0	12	0.33	0.41	14.9	1407	4.22
Carrots, Baby	1/4 cup	20	4.67	0.36	0.07	0.01	0	44	1.02	0.5	18.1	7819	4.76
Broccoli, fresh	1/4 CUP	7	1.46	0.62	0.08	0.01	0	7	0.57	0.16	10.3	137	19.62
Cauliflower, fresh	1/4 CUP	6	1.33	0.5	0.03	0.01	0	8	0.63	0.11	5.5	3	11.6
Beans, garbanzo	1/4 cup	72	13.57	2.97	0.68	0.07	0	180	2.65	0.81	19	15	2.3
Beans, kidney	1/4 cup	40	9	3	0	0	0	145	2.5	0.9	30	0	0
Orange Wedges	1/4 cup	21	5.29	0.42	0.05	0	0	0	1.08	0.04	18	101	23.94
Apple, Fresh 163 ct	1 each	59	15.66	0.29	0.19	0.03	0	1	2.72	0.14	6.8	61	5.22
Grapes, fresh	1/4 cup	45	12	0.5	0.5	0	0	0	0.5	0.18	10	50	7.5
Banana, fresh	1/2 Each	36	9.25	0.44	0.13	0.04	0	0	1.05	0.11	2	26	3.52
Kiwi	1/2 EACH	23	5.57	0.43	0.2	0.01	0	1	1.14	0.12	12.9	33	35.23
Cantaloupe Wedges	1/4 cup	9	2.24	0.23	0.05	0.01	0	4	0.25	0.06	2.5	930	10.09
Watermelon, chunks	1/4 cup	11	2.87	0.23	0.06	0	0	0	0.15	0.09	2.7	216	3.08
Pineapple, fresh	1/4 cup	19	4.89	0.21	0.05	0	0	0	0.54	0.11	5	22	14.03
Raisins	1 BOX	129	34	0	0.2	0	0	5	1.6	0.81	0	0	0
Cherries, dried	1/8 cup	68	16	0.5	0	0	0	1	0.5	0.25	9	1190	0
Craisins	2 Tbsp	100	23.33	0	0	0	0	0	1.11	0	0	0	0
Peaches, Canned, LS	1/4 cup	35	8.5	0	0	0	0	5	0.25	0	0	150	0.6
Pears, Canned, LS	1/4 CUP	36	9.52	0.12	0.02	0	0	3	1	0.18	3.1	0	0.44
Applesauce	1/4 cup	26	6.89	0.1	0.03	0	0	1	0.73	0.07	1.8	18	12.93
Mixed Fruit	1/4 Cup	0	0	0	0	0	0	0	0	0	0	0	0
Pineapple chunks	1/4 CUP	32	7.65	0.45	0	0	0	5	0.45	0.32	9	45	4.05
Bun, ww hamburger	1 bun	150	29	6	2	0.5	0	280	4	1.44	80	0	0
Roll, dinner (wheat)	1 roll	110	22	5	1.5	0.5	0	170	5	1.08	60	0	0
Bread, ww pullman slice	1 slice	110	21	4	1.5	0	0	230	3	1.08	20	0	0