**Salad Bar Components**

**Vegetables**
Mixed Greens, Spinach, Romaine, Iceberg, Asparagus, Beets, Artichoke hearts, Cucumbers, Peppers, Carrots, Broccoli,
Peas, Red onion, Celery, Mushrooms, Sweet potato, Radishes, Olives, Corn

**Eggs**
Hard-boiled

**Whole Grains**
Couscous, Quinoa

**Seeds**
Sunflower Seeds, Sesame Seeds

**Dried Fruit**
Cranberries, Cherries, Raisins

**Vegetarian Protein**
Kidney beans, Garbanzo beans,
Great northern beans, Edamame

**Meat**
Chicken, Turkey, Ham, Bacon

**Nuts**
Almonds, Pecans, Walnuts, Peanuts, Pine nuts

**Cheese**
Mozzarella, Parmesan, Feta, Gorgonzola

**Other**
Croutons, Crispy noodles

**Dressings**
Ranch, Bleu Cheese, Thousand Island, Honey Mustard, Balsamic Vin., Oil & Vinegar