

Market Bar Lunch Nutrition																
Standard Menu Item	Recipe Number	Portion Size	Weight	Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium	
			(oz)	(g)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)	(mg)
<b>Dressings &amp; Vinaigrettes</b>																
Avocado Lime Dressing	126847	1 floz	0.72oz	20.44g	15	1.5	0	0+	<1 g	0	0	0	0	<1 g	80	
Balsamic Vinaigrette	92003.1	1 floz	1.08oz	30.61g	140	14	2	0+	3	2	0	0	0	0	190	
Blue Cheese Dressing	92242.1	1 floz	1.1oz	31.05g	150	15	3	0+	1	0	0	20	1	0	220	
Caesar Dressing	85570	1 floz	1.3oz	36.95g	210	22	2.5	0+	2	0	0	20+	<1 g	0	190	
Chipotle Lime Dressing	84931	1 floz	1.3oz	36.95g	40	0	0	0+	7	3	0	0	0	1	2	620
Citrus Soy Dressing	140402	1 floz	1.05oz	29.75g	70	0	0	0+	16	12	12	0	0	0	420	
Creamy Ranch Dressing	91289.1	1 floz	1.06oz	30.16g	120	13	2	0+	1	0	0	15+	0	0	140	
Italian Dressing, Scratch	133715.1	1 floz	0.84oz	23.68g	130	13	1	0+	1	<1 g	<1 g	0	0	0	180	
Lemon Poppy Dressing	135734	1 floz	1.08oz	30.67g	170	18	1.5	0	2	0	0	0	<1 g	<1 g	105	
Ranch Dressing, Chives	94188.2	1 floz	1.07oz	30.29g	70	7	1	0+	1	<1 g	0	5	<1 g	0	150	
Thousand Island Dressing	93675.2	1 floz	1oz	28.38g	110	12	1.5	0+	3	2	1	10	0	0	220	
Red Wine Vinaigrette	91293.1	1 floz	1.04oz	29.4g	190	21	1.5	0	0	0	0	0+	0	0	85	
Sesame Caesar Dressing	163494	1 floz	2.02oz	57.19g	170	14	3	0+	7	4	3	15	5	<1 g	740	
Sesame Miso Dressing	91357.1	1 floz	0.98oz	27.84g	120	12	1	0+	2	0	0	0	<1 g	0	260	
Spicy Cashew Dressing	140740	1 floz	1.04oz	29.37g	160	18	1.5	0+	1	<1 g	0	0	0	0	45	
Sumac Yogurt Dressing	123448.1	1 floz	1.86oz	52.79g	25	0	0	0	2	2	0	<5 mg	4	0	200	
Tahini Dressing	141770	1 floz	0.73oz	20.74g	90	8	1	0+	4	0	0	0	3	2	290	
Hummus	63767	1/4 cup	2.27oz	64.26g	100	7	0.5	0+	8	1	0	0	3	3	105	
<b>Salad Bar</b>																
<b>Proteins</b>																
Hard Boiled Egg	57947	1 each	1.55oz	44g	60	4	1.5	0	0	0	0	165	6	0	60	
Grilled Tofu	16090.1	3 oz	3 oz	85.05g	68	3	0	0	0	<1 g	0	0	7	0	18	
Grilled Shrimp	134104	3 oz	3.26oz	92.54g	90	3.5	0	0	<1 g	0	0	105	11	0	670	
Tuna, Albacore, Water Packed	71070.5	3 oz	3oz	85.05g	110	2.5	0.5	-	0	0	0	35	20	0	320	
Grilled Salmon	12989	3 oz	3oz	85.05g	140	6	1	0	0	0	0	45	21	0	130	
Grilled Chicken Breast	5394	3 oz	3 oz	113.78g	120	4	1	0+	13	0+	0	65	20	0	390	
<b>Beans</b>																
Black Beans	41618.1	1/4 cup	2.16oz	61.31g	100	0.5	0	0+	17	0+	0+	0	6	6	170	
Black-Eyed Peas	842.1	1/4 cup	1.61oz	45.72g	50	0	0	0	9	2	0+	0	3	3	0	
Cannellini Beans	42337.2	1/4 cup	1.31oz	37.08g	50	0	0	0	10	0+	0+	0	3	4	0	
Chickpeas	162904	1/4 cup	2.34oz	66.4g	80	5	0.5	0+	7	2	0	0	2	2	120	
Edamame	62337	1/4 cup	1.04oz	29.5g	35	1.5	0	0	3	<1 g	0	0	4	2	0	
Kidney Beans	63338.5	1/4 cup	2.26oz	64g	50	0	0	0	9	1	0	0	3	3	75	
Lentils	133732.4	1/4 cup	1.68oz	47.61g	50	0	0	0	10	<1 g	0+	0	4	4	50	
Pinto Beans	41618.13	1/4 cup	1.94oz	54.93g	90	6	0	0+	8	1	0	0	2	2	270	
<b>Cheeses</b>																
Feta Cheese	138672	1 oz	1oz	28.35g	90	7	4	0+	1	0+	0	25	4	0	300	
Gouda Cheese	43038	1 oz	1oz	28.35g	100	8	5	-	<1 g	<1 g	0	30	7	0	230	
Mild Cheddar	19726	1 oz	1oz	28.35g	110	9	5	-	<1 g	0	0	30	6	0	190	
Muenster Cheese	43035.2	1 oz	1oz	28.35g	100	9	5	-	0	0	0	25	7	0	180	
Pepper Jack Cheese	19726.1	1 oz	1oz	28.35g	100	8	4.5	0	0	0	0	25	6	0	160	
Swiss Cheese	63415	1 oz	1oz	28.35g	110	9	5	0	0	0	0	25	8	0	55	
<b>Market Bar Components</b>																
Artichokes	133711.3	2 piece	2.71oz	76.94g	70	3.5	0.5	0+	9	<1 g	0	0	2	4	100	
Arugula, Baby, Fresh	62323	1 cup	0.71oz	20g	0	0	0	0	<1 g	0	0	0	<1 g	0	5	
Asparagus	63361.2	1/4 cup	1.18oz	33.5g	5	0	0	0	1	<1 g	0	0	<1 g	<1 g	0	
Beets, Shredded	145413	1/4 cup	0.24oz	6.87g	0	0	0	0	<1 g	<1 g	0	0	0	0	5	
Broccoli Florets	3881	1/4 cup	1.57oz	44.56g	25	1.5	0.5	0	3	<1 g	0	<1 g	1	1	25	
Carrots, Shredded, Fresh	57858.7	1/4 cup	0.97oz	27.5g	10	0	0	0	3	1	0	0	0	<1 g	20	
Corn	131441	1/4 cup	1.22oz	34.64g	30	0	0	0	7	1	0	0	<1 g	<1 g	90	
Cauliflower	73729.1	1/4 cup	0.89oz	25.32g	10	0.5	0	0	1	0	0	0	0	<1 g	20	
Couscous Salad	88350.2	1/2 cup	7.69oz	217.92g	220	3.5	0	0+	42	3+	0	0	7	6	100	
Cucumber Slices	68562	1/4 cup	0.92oz	26g	0	0	0	0	<1 g	0	0	0	0	0	0	
Green Beans	66237.4	1/4 cup	1.1oz	31.25g	10	0	0	0	2	1	0	0	<1 g	<1 g	0	
Olives, Greek, Mixed, Pitted	176559	1 oz	1oz	28.35g	60	7	0.5	0	2	0	0	0	<1 g	<1 g	440	
Olives, Kalamata, Pitted	96517.1	1 oz	1oz	28.35g	40	4.5	0.5	0	1	0	0	0	0	<1 g	440	
Onions, Red, Sliced, Thin, Fresh	46017.23	1/4 cup	1.01oz	28.75g	10	0	0	0	3	1	0	0	0	0	0	
Peas, Snow, Stems Removed, Fresh	63081	1/4 cup	0.52oz	14.8g	5	0	0	0	1	v	0	0	0	0	0	
Peas, Sugar Snap, Fresh	57990	1/4 cup	0.86oz	24.5g	10	0	0	0	2	<1 g	0	0	<1 g	<1 g	0	
Peppers, Bell, Red, Diced, Fresh	63107	1/4 cup	1.31oz	37.25g	10	0	0	0	2	2	0	0	0	<1 g	0	
Peppers, Bell, Yellow, Julienne, Fresh	81895.1	1/4 cup	1.31oz	37.25g	10	0	0	0	2	-	0	0	0	0	0	
Pickled Vegetables	47198.3	1/4 cup	1.21oz	34.32g	15	0	0	0+	3	2	<1 g	0	0	<1 g	35	
Quinoa	16868.2	1/4 cup	1.89oz	53.67g	50	1	0	0+	9	0+	0	0	2	<1 g	0	
Radish, Sliced, Fresh	74414	1/4 cup	1.02oz	29g	0	0	0	0	<1 g	<1 g	0	0	0	0	10	
Radish, Watermelon, Sliced, Fresh	63080.2	1/4 cup	1.02oz	29g	0	0	0	0	<1 g	<1 g	0	0	0	0	10	
Roasted Red Peppers	94038.1	1 oz	1oz	28.35g	20	1	0	0+	2	2	0	0	0	<1 g	100	
Romaine, Chopped, Fresh	47799.3	1 cup	1.66oz	47g	10	0	0	0	2	<1 g	0	0	<1 g	<1 g	0	
Salad Mix, Spring (Mesclun)	47795.1	1 cup	1.94oz	55g	5	0	0	0	1	<1 g	0	0	<1 g	<1 g	0	
Spinach, Baby, Fresh	47960.1	1 cup	1.06oz	30g	5	0	0	0	1	0	0	0	<1 g	<1 g	25	
Tomatoes, Grape, Fresh	66240	1/4 cup	1.31oz	37.25g	5	0	0	0	1	<1 g	0	0	0	0	0	
<b>Crunchy Toppings Bar</b>																
CROUTONS	5148.1	1/4 cup	0.48oz	13.67g	70	7	0.5	0	3	0	0	0	<1 g	0	90	
Almonds, Sliced, Toasted	33991	1 tbsp	0.5oz	14.17g	80	7	0.5	0	3	<1 g	0	0	3	1	0	
Cranberries, Dried	62347	1 tbsp	0.5oz	14.17g	45	0	0	0	12	10	0	0	0	<1 g	0	
Crispy Shallots	139423	1 tbsp	0.5oz	14.17g	60	3	0	0+	8	1	0	0	0	<1 g	120	
Sunflower Seeds, Roasted	62349	1 tbsp	0.5oz	14.17g	80	7	0.5	-	3	0	0	0	3	2	0	
Tortilla Strips	10820.7	1 tbsp	0.04oz	1.26g	0	0	0	0	<1g	0	0	0	0	0	20	
Pepitas (Pumpkin Seeds)	18918.4	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	0	0	4	<1g	0	
Walnuts	56955.5	1 tbsp	0.5oz	14.17g	90	9	1	-	2	0	0	0	2	<1 g	0	
<b>Cut Fruit</b>																
Blackberries, Fresh	63398	1/4 cup	1.27oz	36g	15	0	0	0	3	2	0	0	<1 g	0	0	
Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	0	0	0	<1 g	0	
Strawberries, Fresh	63378	1/4 cup	1.19oz	33.84g	10	0	0	0	3	2	0	0	0	<1 g	0	
Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	0	0	0	2	0	
Cantaloupe Cubes	1175	1/4 cup	1.41oz	40g	15	0	0	0	3	3	0	0	0	0	5	
Grapefruit, Peeled	1124.1	1/4 cup	1.88oz	53.16g	20	0	0	0	4	4	0	0	0	<1 g	0	
Green Grapes	63376.2	1/4 cup	1.41oz	40g	30	0	0	0	7	6	0	0	0	0	0	
Red Grapes	63376	1/4 cup	1.39oz	39.32g	25	0	0	0	7	6	0	0	0	0	0	
Honeydew Melon Cubes	1117	1/4 cup	1.5oz	42.5g	15	0	0	0	4	3	0	0	0	0	10	
Mango Slices	106218.1	1/4 cup	1oz	28.46g	15											

Pineapple Cubes	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	0	0	0	<1g	0
Watermelon, Cubed, Fresh	88	1/4 cup	1.04oz	29.48g	10	0	0	0	2	2	0	0	0	0	0
<b>Whole Fruit</b>															
Apple, Cortland, Fresh	1638.3	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Crispin, Fresh	1638.4	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Empire, Fresh	1638.5	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Fuji, Fresh	1638.6	1 each	4.96oz	140.62g	90	0	-	0	21	16	0	-	0	3	0
Apple, Ginger Gold, Fresh	1638.8	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Golden Delicious, Fresh	1638.9	1 each	4.61oz	130.63g	70	0	0	0	18	14	0	0	0	3	0
Apple, Granny Smith	34124.8	1 each	6.55oz	185.56g	100	0	0	0	26	19	0	0	0	4	0
Apple, Jona Gold, Fresh	1638.13	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Macoun, Fresh	1638.15	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Rome, Fresh	1638.19	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apricots, Fresh	44283	1 each	1.15oz	32.55g	15	0	0	0	4	3	0	0	0	<1g	0
Banana, Fresh	40362	1 each	4.16oz	118g	110	0	0	0	27	14	0	0	1	3	0
Grapefruit, Pink, Fresh	1124.3	1 each	4.16oz	118g	40	0	0	0	10	8	0	0	<1g	1	0
Nectarines, Medium, Fresh	44283.1	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Nectarines, White, Fresh	44283.3	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Nectarines, Yellow, Fresh	44283.4	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Orange, Blood, Fresh	20257.3	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Orange, Cara Cara, Fresh	20257.4	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Orange, Clementine, Fresh	20257.1	1 each	2.01oz	56.98g	25	0	-	0	7	5	0	-	0	<1g	0
Orange, Fresh	20257	1 each	7.27oz	206.18g	100	0	0	0	24	19	0	0	2	5	0
Orange, Mandarin, Fresh	20257.11	1 each	2.3oz	65.12g	35	0	0	0	9	7	0	0	<1g	1	0
Orange, Navel, Fresh	20257.5	1 each	6.48oz	183.79g	90	0	0	0	22	17	0	0	2	4	0
Orange, Satsuma, Fresh	20257.6	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Peach, Fresh	44748	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Peach, White	44748.2	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Peach, Yellow	44748.3	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Pear, Anjou, 110 Count, Fresh	20015.1	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Asian, Fresh	20015.2	1 each	3.92oz	111.02g	45	0	0	0	12	8	0	0	<1g	4	0
Pear, Bosc, 110 Count, Fresh	20015	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Comice, Fresh	20015.3	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Forelle, Fresh	20015.4	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Seckel, Fresh	20015.5	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Plums, Damsion, Fresh	44283.5	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Fresh	44283.2	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Golden, Fresh	169077	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Mirabelle, Fresh	44283.6	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Pluot, Fresh	20257.17	1 each	3.37oz	95.63g	45	0	0	0	11	9	0	0	<1g	2	0
Tangerine, Fresh	20257.12	1 each	2.3oz	65.12g	35	0	0	0	9	7	0	0	<1g	1	0

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.

gies or other specific dietary concerns should speak with a manager for individualized assistance.