



Poway Unified School District  
Food and Nutrition Department



**Adult Salad Nutrition Analysis**

Item	Serving Size	Calories (kCal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Pro (g)	Sod (mg)	Iron (mg)	Calc (mg)	Vit C (mg)	Vit A (IU)	Trans Fat (g)	Sug (g)	WW Freestyle Points	Allergens
BBQ Chicken Salad	1 salad	220	8	3.0	16	6	22	520	3.5	188	37	16,790	0	6	<b>3</b>	Milk, Soy
Chef Salad	1 salad	280	14	6.0	10	3	28	610	3.5	220	24	2,840	0	3	<b>3</b>	Egg, Milk
Thai Chicken Salad	1 salad	590	38	6.0	37	11	30	650	5.5	121	39	18,040	0	15	<b>14</b>	Egg, Soy, Wheat
Chicken Caesar Salad	1 salad	270	11	3.5	20	4	26	670	2.5	213	7	14,880	0	4	<b>6</b>	Milk, Soy, Wheat
Southwest Chicken Salad	1 salad	330	17	5.0	22	7	26	450	4.2	173	29	16,192	0	6	<b>7</b>	Milk, Soy, Wheat
Greek Gyro Salad	1 salad	200	7	3.0	14	5	20	360	2.8	145	21	15,614	0	7	<b>3</b>	Milk, Soy
Turkey Taco Salad	1 salad	350	15	5.5	31	6	24	610	5.1	278	24	2,985	0	2	<b>9</b>	Milk
Asian Chicken Spinach Salad	1 salad	490	22	4.0	47	11	32	600	7.0	221	60	19,026	0	30	<b>13</b>	Soy
BBQ Sauce	1/2 ounce	30	0	0.0	7	0	0	110	0.1	0	1	0	0	6	<b>2</b>	None
Ranch Dressing	1 ounce	60	5	0.0	3	0	1	80	0.0	38	0	0	0	2	<b>2</b>	Egg, Milk
Asian Sesame Dressing	1.5 ounce	180	15	1.5	11	0	0	580	0.0	0	0	0	0	10	<b>7</b>	Soy, Wheat
Caesar Dressing	1.5 ounce	90	8	1.0	3	0	3	340	0.0	80	0	1	0	1	<b>3</b>	Egg, Fish, Milk
Salsa	1 ounce	10	0	0.0	2	1	0	70	0.3	20	6	500	0	1	<b>0</b>	None
Balsamic Vinaigrette	1.5 ounce	150	15	1.5	3	0	0	680	0.0	0	0	0	0	2	<b>5</b>	Soy

*Note: Dressing not included in salad nutrition/allergen analysis. See dressing separately for information.*

*\*May substitute any meat for alternate vegetarian protein at no additional cost (choice of hardboiled egg, cheese, black beans, or edamame)*