

DAILY SALAD

MENU



MONDAY - ASIAN SALAD

Ingredients: green salad, chicken, mandarin oranges, La choy noodle, craisens; Asian toasted sesame dressing;
(roll/breadstick/cracker/crouton)

TUESDAY - COBB SALAD

Ingredients : green salad, tomato, turkey, ham, egg, cheese, carrots, cucumber, croutons; ranch/Italian



WEDNESDAY STICKY FINGER CHICKEN SALAD

Ingredient: green salad, chicken finger, cheese, dry cranberries; Frank's Sauce
(roll/croutons/crackers)

THURSDAY - TACO SALAD

Ingredient: green salad, taco meat, tomato, cheese, Frito chips, black beans; creamy salsa (roll/cracker)



FRIDAY- BERRY SALAD

ingredients : green salad, grilled chicken, apple slices, season berry cup, cheese stick, goldfish pretzel, raspberry vinaigrette

DAILY SALAD SALAD BAR

PREP SHEET

MENU



MONDAY - ASIAN SALAD

green salad 2 cups
chicken 3 oz
mandarin oranges 4 oz
La choy noodle .5 cup
craisin 1 bag
Asian toasted sesame dressing 2 oz
(roll/breadstick/cracker/crouton) pick 1

TUESDAY - COBB SALAD

green salad 2 cups,
tomato 3 count,
turkey or ham 2 oz,
egg 1 count or cheese 2 oz
carrots 3 count
cucumber 4 slices
croutons 2 oz
ranch/italian 1 bag



WEDNESDAY STICKY FINGER CHICKEN SALAD

green salad 2 cups
chicken finger 2 tenders
cheese 2 oz
dry cranberries 1 bag
Frank's Sauce 2 oz
(roll/croutons/crackers) 1 of these

THURSDAY - TACO SALAD

green salad 2 cups
taco meat 2 oz
tomato 3 count
cheese 1 oz
Frito chips 1 bag
black beans 2 oz
creamy salsa 2 oz



FRIDAY - BERRY SALAD

green salad 2 cups,
apple slices 1 bag,
season berry cup .5 cup or 4 oz,
cheese stick 1 stick,
goldfish pretzel 1 bag,
raspberry vinaigrette 1 bag

DAILY SALAD SALAD BAR PREP FOR HIGH SCHOOL

MENU



MONDAY - BERRY SALAD

TUESDAY - COBB SALAD

green salad 2 cups,
tomato 3 count,
turkey or ham 2 oz,
egg 1 count or cheese 2 oz
carrots 3 count
cucumber 4 slices
croutons 2 oz
ranch/italian 1 bag



WEDNESDAY STICKY FINGER CHICKEN SALAD

green salad 2 cups
chicken finger 2 tenders
cheese 2 oz
dry cranberries 1 bag
Frank's Sauce 2 oz
(roll/croutons/crackers) 2 of these

THURSDAY - TACO SALAD

green salad 2 cups
taco meat 2 oz
tomato 3 count
cheese 1 oz
Frito chips 1 bag
black beans 2 oz
creamy salsa 2 oz
pick 1 (roll/cracker)



FRIDAY - ASIAN SALAD