

SALAD FIXINGS BAR PREPARATION CHART

GREENS	OTHER VEGGIES	PROTEIN	FRUIT
Romaine	Carrots	Walnuts	Grapes
Green Leaf Lettuce	Green Peppers	Pecans	Berries
Red Leaf Lettuce	Red Peppers	Almonds	Mango
Arugula	Cucumbers	Sunflower Seeds	Pear
Spinach	Celery	Diced Cheese	Apple
Mustard Greens	Tomatoes	Diced Cooked Chicken	Raisins
Kale	Scallions	Diced Hard Boiled Egg	Dried Cranberries
	Radishes	Chopped Bacon	Avocado