

Milk	CA	C	SF	S
1% White	110	13	1.5	130
Fat Free White	90	11	0	125
Fat Free Chocolate	130	24	0	180

Salads	CA	C	SF	S
Vegetarian Salad	329	41	4	652
Chef Salad w/Turkey	111	10	1.9	409
Chef Salad w/Ham	118	9	2.1	326
Cobb Salad	347	7	8.8	753
Taco Salad w/Tortilla Chips	296	20	5.7	590

Dressing	CA	C	SF	S
French	45	2	.5	70
Ranch	120	2	1.5	250
1000 Island	30	2	0	105

Bread	CA	C	SF	S
1 oz Breadstick	88	15	.3	145
2 oz Roll	176	30	.6	291