

## Salad Bar – Diabetes Sessions

*The following items are available in the salad bar each day at lunch and dinner  
(based on availability).*

### Fresh vegetables

- Lettuce mix with romaine
- Baby spinach
- Baby and shredded carrots
- Bell pepper slices
- Broccoli florets
- Celery sticks
- Cucumber slices
- Mushroom slices
- Diced onion
- Grape tomatoes

### Canned vegetables

- Dill pickle slices

### Dairy and protein

- Shredded cheddar cheese
- Cottage cheese
- Chopped hard-cooked eggs
- Diced grilled chicken/turkey
- Tofu

### Dressings and dip

- Ranch dressing
- French dressing