

LET US FILL YOUR SALAD BAR

Offer Healthy Foods
Fight Child Obesity
Teach Positive Lifestyle Habits

Salads 101 is a healthy and cost saving program designed specifically for K-College school systems.



Salads 101 fully prepared products will replace at least 50% of your current salad bar labor costs. All come in 5 lb bags and are ready to serve.



Fresh Made
With 15 Day
Shelf Life



Some Of Our Delicious Kid Tested Salads

School House Salsa

Corn & Black Bean Healthy Cole Slaw

Egg Whites & Chive Asian Lo Mein

Mexicali Corn Edamame & Carrots

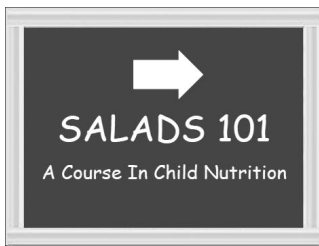
Bowties, Peas & Parmesan

Mediterranean Rotini

Most Products Can Be Heated In The
5# Bags To Be Used As Hot Side Dishes

Each fully prepared salad contains 100% all natural ingredients and meets or exceeds the strictest nutritional standards. No artificial preservatives.





Salads 101 Takes Pride In Offering Fresh, Nutritionally Sound Products. And They Really Taste Great !!

Here are some sample nutritional panels:

Herbal Cole Slaw	
Nutrition Facts	
Serving Size 1/2 cup (80g) Servings Per Container 1	
Amount Per Serving	
Calories 60	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein <1g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Mexicali Corn	
Nutrition Facts	
Serving Size 1/2 cup (84g) Servings Per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 4%	Vitamin C 25%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Oriental Lo Mein	
Nutrition Facts	
Serving Size 1/2 cup (64g) Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 15%	Vitamin C 8%
Calcium 0%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

All Products Are Packed In 5# Combi-Therm Bags
Products Best If Used By 15 Days After Production Date
Keep Products Below 39° F

For Heating Applications:
Simply Place Sealed Bags Into Steamer Cabinet or
Submerge In Hot Water Until Desired Temperature Is Reached

FOR MORE INFORMATION PLEASE CONTACT
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