

## Salad Bar Nutrition for Parfaits &amp; Desserts

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free	Allergens
<b>Parfait Cups</b>														
Banana Pudding Cup	7oz.	395	123	14	6	0.5	0.3	435	66	1	38	1	N	Milk, Soy, Wheat
Banana & Chocolate Pudding Cup	7oz.	396	196	22	16	0	0	167	53	2	42	2	Y	Milk, Soy
Chocolate Pudding & Fresh Berry Cup	7oz.	215	49	5	2	0	0	149	40	6	29	3	Y	Milk
Chocolate Pudding, Berry, Whipped Topping	7oz.	275	108	12	9	0	0	149	41	3	32	3	Y	Milk
Chocolate Pudding, Oreo, Chips, Topping	7oz.	418	142	16	9	0	0	344	65	3	48	5	N	Milk, Soy, Wheat
Vanilla Pudding & Fresh Berry Cup	7oz.	227	51	6	1	0	1	194	43	4	30	3	Y	Milk
Vainilla Pudding, Berry, Whipped Topping	7oz.	287	110	12	8	0	1	194	44	2	33	3	Y	Milk
Vanilla Pudding , Graham Crumbs, Topping	7oz.	440	135	15	7	1	2	498	72	1	47	5	N	Milk, Wheat
Tapioca Pudding & Berry Cup	7oz.	199	43	5	1	0	0	203	39	4	25	3	Y	Milk, Soy
Tapioca Pudding, Berry, Whipped Topping	7oz.	259	102	11	8	0	0	203	39	2	28	3	Y	Milk, Soy
Tapioca Pudding, Berry, Granola Cup	7oz.	262	53	6	1	0	0	260	51	4	28	5	N	Milk, Soy, Wheat, Nut (Almond)
Strawberry Yogurt & Berry Parfait	7oz.	170	12	1	1	0	3	64	35	4	23	5	Y	Milk
Strawberry Yogurt, Berry & Granola Parfait	7oz.	233	23	3	1	0	3	121	48	4	27	7	N	Milk, Wheat, Nut (Almond)
Strawberry Yogurt, Berry, Granola, Topping	7oz.	261	43	5	3	0	3	121	50	4	29	7	N	Milk, Wheat, Nut (Almond)
Vanilla Yogury & Berry Parfait	7oz.	170	12	1	4	0	4	65	37	4	24	5	Y	Milk
Vanilla Yogurt, Berry, Granola Parfait	7oz.	233	22	2	4	0	4	122	49	4	27	6	N	Milk, Wheat, Nut (Almond)
Vanilla Yogur, Berry, Granola, Topping	7oz.	267	46	5	7	0	4	122	52	4	30	6	N	Milk, Wheat, Nut (Almond)
<b>Desserts</b>														
Cake, American Flag	4	204	41	4.5	3	0	48	308	38	1	25	3	N	Milk, Egg, Wheat
Cake, Strawberry Shortcake	4	234	69	8	7	0	47	300	39	1	27	3	N	Milk, Egg, Wheat
Cheesecake, Turtle	4	335	165	18	5	0	0	122	16	2	24	8	N	Milk, Egg, Wheat, Nuts (Pecan)
Cheesecake, Cherry	4	201	47	5	4	0	0	89	9	1	19	6	N	Milk, Egg, Wheat
Cheesecake, Chocolate Cherry	4	252	84	9	6	0	0	78	18	2	25	6	N	Milk, Egg, Wheat
Mousse, Banana	4	269	145	16	10	0	32	207	29	0.1	21	2	N	Milk, Wheat
Mousse, Chocolate	4	276	157	17	11	0	32	174	29	1	24	3	Y	Milk, Soy
Mousse, Lemon	4	370	226	25	18	0	59	330	35	0	30	3	Y	Milk
Mousse, Orange Dream	4	316	205	23	16	0	53	206	26	0.1	23	3	Y	Milk
Mousse, Oreo Cookie	4	390	229	25	20	0	29	229	37	2	29	3	N	Milk, Soy, Wheat
Mousse, Strawberry Banana	4	339	217	24	17	0	49	189	29	1	24	3	Y	Milk,
Salad, Sweet Grape and Orange	4	227	151	17	9	0	7	32	19	3	15	3	Y	Milk, Nuts (Coconut, Walnut)