

What Goes in a Salad Bar?



canned goods

- beets
- olives
- pepperoncini
- banana pepper rings
- pickled jalapenos
- dill or sweet pickles
- corn
- pickles
- water chestnuts
- artichoke hearts
- mandarin oranges
- pineapple tidbits

protein

- peas
- edamame
- lima beans
- white beans
- black beans
- blue cheese
- cheddar cheese or white cheese
- goat cheese, feta cheese
- nuts, sunflower seeds
- boiled eggs
- diced ham
- cooked crumbled bacon
- garbanzo beans

vegetables

- cherry tomatoes
- cucumbers - seeds cut out
- bell pepper
- shredded carrots
- radishes
- cabbage - purple or green
- broccoli
- frozen corn
- celery
- brussels sprouts, chopped/shredded
- sugar snap peas
- jicama, in strips or shredded

fruit & grains

- dried fruit, like cranberries
- dried cherry tomatoes
- berries
- diced cooked sweet potato
- cooked quinoa

