


<p>FRESH  LOCAL</p> <h1>REBECCA'S</h1> <p>EST. 1989</p> <h2>SALADS AND FRUIT</h2>		1 Serving / Package	Serving Size	Serving Unit	kCal	grams							mg	mg	mg	mg	µg (mcg)	mg	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly
			Calories	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	Sodium	Calcium	Iron	Vitamin D	Potassium				
		Size Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF
G.n'G. - BCHS - Fruit Cup, Apples		6.5 oz	96	0	26	20	6	0	0	0	0	0	0	0	0	0	0	0	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Cup, Cantaloupe		7 oz	67	2	16	16	2	0	0	0	0	0	0	32	18	0	0	530	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Cup, Grapes		7 oz	137	1	36	31	2	0	0	0	0	0	0	4	20	1	0	379	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Cup, Honeydew		7 oz	71	1	18	16	2	0	0	0	0	0	0	36	12	0	0	452	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Cup, Pineapple		7 oz	99	1	26	20	3	0	0	0	0	0	0	2	26	1	0	216	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Cup, Watermelon		7 oz	60	1	15	12	1	0	0	0	0	0	0	2	14	0	0	222	♦	♦	♦	♦
G.n'G. - BCHS - Fruit Salad		7 oz	94	1	24	20	2	0	0	0	0	0	0	18	19	1	0	388	♦	♦	♦	♦
G.n'G. - BCHS - Yogurt Parfait		1 parfait	355	10	71	42	2	4	1	1	1	0	9	347	233	1	0	421	♦	♦	♦	♦
Salads:																						
G.n'G. - BCHS - Side Salad - Caesar w/ Dressing		5.75 oz	424	10	20	2	3	34	7	8	16	0	12	873	246	2	0	240	♦			
G.n'G. - BCHS - Side Salad - House w/ Balsamic		5.75 oz	219	1	9	6	2	20	3	0	0	0	0	411	29	1	0	243	♦	♦	♦	♦
G.n'G. - BCHS - Salad - Caesar w/ Chicken & Dressing		9 oz	581	30	30	3	4	38	9	10	17	0	68	1133	337	3	0	560				
G.n'G. - BCHS - Salad - House w/ Balsamic		8.5 oz	232	2	11	7	3	20	3	0	0	0	0	425	48	1	0	403	♦	♦	♦	♦
G.n'G. - BCHS - Salad - House w/ Chicken & Balsamic		11 oz	329	20	11	7	3	23	4	1	1	0	56	522	53	2	0	699			♦	♦

*Dressing included in all salad analysis