

The Nutrition Scoop on Salad Bars

Compiled by Billi Grossman, RD

With the "Let's Move Initiative", attention has been brought to the quality of the food served at schools, particularly in the National School Lunch Program. Since many children get 2/3 of their meals at school, it is important that those meals provide optimal nutrition.



Most people, especially children, do not get the recommended 5 servings of fruits and vegetables each day. Fruits and vegetables are packed with vitamins, minerals, fiber and other nutrients which support growth and development, immune function, overall health and protect against chronic illness. So it makes sense that many schools are interested in implementing salad bars. And for good reason. Currently, only 15% of public school cafeterias offer a salad bar.

Benefits of School Salad Bars

- Schools with salad bars offer a greater variety of fruits and vegetables than schools where salad bars are not offered.
- Salad bars almost always provide increased exposure to a variety of fruits and vegetables.
- Salad bars give children greater access to fresh vegetables and fruits.
- Salad bars can reduce plate waste and save costs over time.

Kids Eat More Fruits and Vegetables when....

- ✓ they have regular access and exposure.
- ✓ they are offered greater variety.
- ✓ they have an opportunity to make their own choices.

Implementing a salad bar can be relatively simple with a little equipment and some forethought. Schools must consider the following:

- **What age group is being served?** If only high school students are served, then a free-standing salad bar with sneeze bars makes sense. If elementary students are served, the salad bar must be full service or each item individually packaged for food safety purposes.
- **How much of the reimbursable meal will the salad bar provide?** When protein is provided, such as chicken or ham strips, then pre-portioning is advised. This makes it easy for the meal to be appropriately counted for reimbursement.
- **Where will the salad bar be located?** If the salad is counted as part of the reimbursable meal, then the salad bar must be inside of the point of service. Staff assigned to counting the reimbursable meals should be trained to accurately assess the contribution of the salad bar.
- **What equipment will be needed?** A free-standing or tabletop salad bar is great if funds and space are available. However, a full-service salad bar can easily be implemented in the cold section of the school's regular tray line. To do this, the kitchen must have some water pans and steam table inserts or crocks, tongs, spoodles, and measuring spoons. Inserts come in a variety of sizes from ½ to 1/6th the size of a full pan. The size you use will depend on how much space you have to allot to your salad bar and the number of students you are serving.

- How will the Full Service Salad Bar be implemented?** The tray line or water pans are filled with ice. A large bowl or insert is filled with 1 or more types of lettuce, then smaller inserts are filled with a variety of green vegetables, starchy vegetables, grains, fruits, and other ingredients and set on top of the ice. Depending on space available, additional crocks of items can be prepped and held for service in the walk-in. Each item to be served must have its own serving utensil pointing toward the server. One staff member is assigned to serve the salad.

When students come through the tray line, they are served ½ cup or more of lettuce, then are allowed to choose from the remaining items available. The lettuce will provide the minimum serving size for the salad (1/2 cup lettuce = ¼ cup fruit/vegetable contribution). Other items are counted per the chart below.



| | | Sysco SUPC | Pack Size | Brand | Item Description | How Much to Prep for a salad bar that serves 100 students* | How Much to Serve |
|---|---------|------------|-----------|-----------------------------|--------------------------------|--|---|
| <p>*Note: This is NOT the amount for 100 servings, but takes into consideration that not every student will choose every item and some students will take less than a full serving size.</p> | | | | | | | |
| CHOOSE 1 OF EACH | BASICS | 1675503 | 4/5 LB | SYS NAT | LETTUCE CHOPPED FRESH | 2 to 3 lbs of a few types 6 lbs total Mix them all up together or serve seperately | 1/2 cup (0.5) |
| | | 1908268 | 1/6 CT | SYS IMP | LETTUCE GREEN LEAF FDSVC | | |
| | | 7707144 | 1/5 LB | SYS NAT | LETTUCE MIX GREEN CASCADE | | |
| | | 1394683 | 1/24 EA | PACKER | LETTUCE RED LEAF CALIF | | |
| | | 1919745 | 1/6 CT | SYS IMP | LETTUCE ROMAINE FDSVC | | |
| | | 2416691 | 4/12 CT | SYS NAT | LETTUCE ROMAINE HEART OF FRSH | | |
| | | 7199680 | 2/5 LB | SYS NAT | LETTUCE ROMAINE WSH & TRIMMED | | |
| | | 6664346 | 4/5 LB | SYS NAT | LETTUCE SAL MIX RED CAB/ROM/CR | | |
| | | 1675602 | 4/5 LB | SYS NAT | LETTUCE SAL MIX SEPARATE FRESH | | |
| | | 1675586 | 4/5 LB | SYS NAT | LETTUCE SAL MIX TOSSED FRESH | | |
| | 1675529 | 4/5 LB | SYS NAT | LETTUCE SHREDDED 1/8" FRESH | | | |
| | 1407238 | 1/3 LB | PACKER | LETTUCE SPRING MIX SWEET | | | |
| | BASICS | 6939383 | 12/1 PT | PACKER | TOMATO GRAPE FRESH | 8 lbs | 2-3 cherry or grape, 2 wedge or slice, 2 Tbsp diced (0.125) |
| | | 1000306 | 12/1 PINT | PACKER | TOMATO CHERRY FRESH | | |
| | | 1371012 | 2/5 LB | PACKER | TOMATO DICED FRESH | | |
| | | 1230085 | 25#/5X6 | PACKER | TOMATO BULK FRESH XLARGE | | |
| | | 1230077 | 1/25LB | PACKER | TOMATO BULK FRESH 6X6 | | |
| | | 1008663 | 1/60 CT | PACKER | TOMATO FRESH 2 LAYER 5X6 | | |
| | | 1292275 | 1/25 LB | PACKER | TOMATO ROMA FRESH | | |
| | | 6271274 | 4/2.5LB | PACKER | TOMATO SLICED FRESH 2.5LB | | |
| 1105790 | | 1/40 CT | PACKER | TOMATO 2 LAYR 4X5 FRSH | | | |

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| CHOOSE 1 OF EACH | BASICS | 7413040 | 1/12 CT | SYS IMP | CUCUMBER FRESH | 7 lbs | 3 slices or sticks (0.125) | |
| | | 9724386 | 1/CASE | PACKER | CUCUMBER HOT HSE 12-18CT | | | |
| | | 1000314 | 1/50-55# | PACKER | CUCUMBER SELECT FRESH | | | |
| | | 1708015 | 1/36 CT | PACKER | CUCUMBER WHL FRESH | | | |
| | BASICS | BASICS | 7700404 | 4/5 LB | SYS NAT | CARROT BABY CUT PLD | 5 lbs | 3 sticks (0.25) 2 Tbsp coins, slice, matchstick, or dice (0.125) |
| | | | 3597911 | 4/5 LB | SYS NAT | CARROT BABY CUT PLD SLIMS | | |
| | | | 3642477 | 4/5 LB | SYS NAT | CARROT COIN CRINKLE CUT | | |
| | | | 2227007 | 25#/JUMBO | SYS IMP | CARROT FRESH | | |
| | | | 1167261 | 50#/JUMBO | PACKER | CARROT FRESH | | |
| | | | 4277489 | 4/5# | PACKER | CARROT FRESH DICE | | |
| | | | 1675750 | 4/5 LB | SYS NAT | CARROT MATCHSTICK SHRED | | |
| | | | 1675735 | 4/5 LB | SYS NAT | CARROT SHRD FRESH | | |
| | | | 1675743 | 4/5 LB | SYS NAT | CARROT STK FRESH | | |
| CHOOSE 2 OR MORE (AS MANY AS YOU WANT) | VEGETABLES | 1515188 | 1/15 LB | PACKER | PEPPER BELL TRI COLR FRSH | 2 lbs | 4 strips (0.25) or 2 Tbsp diced (0.125) | |
| | | 6686505 | 1/5 LB | SYS IMP | PEPPER GREEN BELL FRSH | | | |
| | | 1420330 | 1/25#AVG | PACKER | PEPPER GREEN BELL LARGE FRESH | | | |
| | | 1318658 | 24#/MEDIUM | PACKER | PEPPER GRN BELL FRESH | | | |
| | | 1387448 | 1/25LB | PACKER | PEPPER RED BELL FRESH | | | |
| | | 8397689 | 1/5 LB | SYS IMP | PEPPER RED BELL FRESH | | | |
| | | 2030468 | 1/15# | PACKER | PEPPER YEL BELL FRESH | | | |
| | VEGETABLES | VEGETABLES | 1824747 | 1/20 LB | PACKER | BROCCOLI CROWN FRESH | 2 lbs | 2-3 stalks, 4 florets (0.25) |
| | | | 2648327 | 1/14 CT | SYS IMP | BROCCOLI FCY FRSH ICELS | | |
| | | | 1675859 | 4/3 LB | SYS NAT | BROCCOLI FLORET ICELESS | | |
| | | | 2071751 | 4/3 LB | SYS NAT | BROCCOLI FLORET MINI ICELESS | | |
| | VEGETABLES | VEGETABLES | 5097134 | 4/5 LB | SYS NAT | CELERY DICED 3/8" | 5 lb | 3 sticks, 4 strips, 1 branch (0.25) 2 Tbsp diced (0.125) |
| | | | 6298158 | 1/6 CT | PACKER | CELERY FRESH | | |
| | | | 1939800 | 1/5 LB | SYS NAT | CELERY FRESH BRANCHES | | |
| | | | 1184944 | 1/24 CT | PACKER | CELERY PASCAL FRESH | | |
| | | | 1283621 | 1/36 CT | CALIF | CELERY PASCAL FRESH | | |
| | | | 1675776 | 4/5 LB | SYS NAT | CELERY STICK FRESH | | |
| | VEGETABLES | VEGETABLES | 1254135 | 1/25 LB | PACKER | SQUASH YELLOW FCY FRESH | 3 lbs | 1-2 baby squash, 3 thick rounds or sticks (0.25) or 2 Tbsp diced (0.125) |
| | | | 1268960 | 1/5# | SYS IMP | SQUASH ZUCCHINI FCY FRESH | | |
| | | | 2394286 | 1/40 LB | PACKER | SQUASH ZUCCHINI FRESH | | |
| | | | 8131179 | 1/20-25# | PACKER | SQUASH ZUCCHINI MED FRSH | | |
| 1625995 | | | 1/10# | PACKER | SQUASH BABY SUNBURST FRESH | | | |
| 1153758 | | | 1/5 LB | PACKER | SQUASH BABY ZUCCHINI FRESH | | | |
| VEGETABLES | VEGETABLES | 1661545 | 4/2.5 LB | PACKER | SPINACH CELLO STEMLESS FRESH | 2 lbs | 1/4 cup (0.25) | |
| | | 1305549 | 4/2.5 LB | PACKER | SPINACH CLIPPED FRESH | | | |
| VEGETABLES | VEGETABLES | 1242700 | 1/30 LB | PACKER | CABBAGE CHINESE NAPPA FRSH | 1 lb | 2 Tbsp (0.125) | |
| | | 1662998 | 1/3 CT | PACKER | CABBAGE GREEN FOODSERVICE FRSH | | | |
| | | 1675701 | 4/5 LB | SYS NAT | CABBAGE GREEN SHRD FRSH W/BAG | | | |
| | | 1550839 | 1/3 CT | PACKER | CABBAGE RED FOODSERVICE FRSH | | | |
| | | 1675719 | 4/5 LB | SYS NAT | CABBAGE RED SHREDDED FRESH | | | |

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| CHOOSE 2 OR MORE (AS MANY AS YOU WANT) | VEGETABLES | 1750041 | 2/3 LB | SYS NAT | CAULIFLOWER FLORET MINI CUT | 2 lbs | 3 florets (0.25) |
| | | 1242445 | 16/EA | PACKER | CAULIFLOWER FRESH | | |
| | | 1254333 | 9/EA | PACKER | CAULIFLOWER FRESH | | |
| | | 1750033 | 2/3# | SYS NAT | CAULIFLOWER FLORET LRG CUT | | |
| | | 2216638 | 1/10 LB | PACKER | MUSHROOM #2 MED. SLI | 2 lb | 2 Tbsp (0.125) |
| | | 1182229 | 1/10 LB | SYS IMP | MUSHROOM BUTTON FRESH | | |
| | | 1182237 | 1/10 LB | SYS CLS | MUSHROOM FOODSERVICE FRESH | | |
| | | 1407022 | 1/5 LB | SYS IMP | MUSHROOM FRESH MEDIUM | | |
| | | 1864735 | 1/10 LB | SYS IMP | MUSHROOM SLI FRESH | | |
| | | 9161159 | 6/#10 | ROLAND | MUSHROOM SLICED | 1 #10 can | 1 Tbsp** |
| | | 5072137 | 6/#10 | AREZZIO | MUSHROOM STEM & PCS | | |
| | | 4/2 LB | PACKER | | ONION GREEN ICELESS FRESH | 2 lbs | 1 Tbsp** |
| | 4/5 LB | SYS IMP | | ONION YELLOW DICED 3/8" | | | |
| | 2/5 LB | PACKER | | ONION RED SLI 1/4" | | | |
| | 4/5LB | PACKER | | ONION SLICED FRESH | | | |
| | 1/25 LB | SYS IMP | | ONION YEL FRESH JUMBO | | | |
| | 1/50 LB | PACKER | | ONION YELLOW #2JUMBO FRESH | | | |
| | 4109310 | 6/#10 | SYS CLS | BEET DICED FCY | 1 #10 can | 2 slices or 2 Tbsp (0.125) | |
| | 4109518 | 6/#10 | SYS CLS | BEET PKLD SLI MED FCY | | | |
| | 4015285 | 6/#10 | SYS IMP | BEET SLI MED FCY | | | |
| | 4062618 | 6/#10 | SYS REL | BEAN GREEN CUT MIX/SHORT BL | 1 #10 can | 2 Tbsp (0.125) | |
| | 4062568 | 6/#10 | SYS CLS | BEAN GREEN FRENCH CUT BL FANCY | | | |
| | 4707188 | 6/#10 | SYS CLS | BEAN GREEN ITALIAN CUT FCY | | | |
| | 3533064 | 1/30 LB | SYS REL | BEAN GREEN CUT | 5 lbs | 2 Tbsp (0.125) | |
| | 1725506 | 12/2 LB | SYS IMP | BEAN GREEN FRENCH CUT IQF P | | | |
| | 3629946 | 2/5 LB | SYS IMP | BEAN GREEN BLND WAX W/CAR FRSH | | | |
| | 2823474 | 4/1 GAL | PACKER | OLIVE GREEN PIMENTO STFD | 1 #10 can or 1 gallon | 2 Tbsp (0.125) | |
| | 5875978 | 6/#10 | SYS IMP | OLIVE RIPE MED PITTED FCY | | | |
| | 103564 | 6/#10 | BLKPRLS | OLIVE RIPE SLI | | | |
| | 5742036 | 6/#10 | PACKER | CORN BABY WHL CUT | 1 #10 can | 2 Tbsp (0.125) | |
| | 4107538 | 6/#10 | SYS IMP | CORN WHL KERNEL GOLDEN FCY | | | |
| | 3533494 | 1/30 LB | SYS REL | CORN WHL KERNEL | 4 lbs | 2 Tbsp (0.125) | |
| | 3983012 | 1/30 LB | SYS IMP | CORN WHL KRNL WHITE SUPR SWT | | | |
| 9442138 | 6/2.5 LB | SIMPLOT | SOYBEAN WHOLE EDAMAME SHELLD | 3 lbs | 1 Tbsp** | | |
| 4062337 | 6/#10 | SYS CLS | BEAN GARBANZO FCY NO SULFITE | 1 #10 can | 2 Tbsp (0.125) | | |
| 4277612 | 6/#10 | BUSH | BEAN PINTO FCY | 1 #10 can | 2 Tbsp (0.125) | | |
| 4014973 | 6/#10 | SYS CLS | BEAN KIDNEY DARK RED | 1 #10 can | 2 Tbsp (0.125) | | |
| 4114088 | 6/#10 | SYS CLS | PEA BLACKEYE | 1 #10 can | 2 Tbsp (0.125) | | |
| CHOOSE 1 | STARCHES STARCHES | | | | | | |

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| OPTIONAL | GRAINS | 7762224 | 8/2.5 LB | SYS CLS | CROUTON MULTI-GRAIN C/G HS ZTF | 3 lbs | 0.5 oz | | |
| | | 7762329 | 8/2.5 LB | SYS CLS | CROUTON SEASONED HMSTY ZTF | | | | |
| | | 7762299 | 250/.25 OZ | SYS CLS | CROUTON SEASONED CUBE PKT ZTF | 180 pkt | 1 each | | |
| | | 4004438 | 6/#10 | LA CHOY | NOODLE CHOW MEIN | 2 #10 cans | 1/4 cup (0.25) | | |
| | GRAINS | 8034761 | 1/96 CT | TEENY | BREADSTICK CHEESE FILD 7" | 100 count | 1 each | | |
| | | 2244523 | 120/1.8 OZ | RICHS | BREADSTICK FRENCH PARBAKED | | | | |
| | | 5860194 | 170/1.5 OZ | SIGNATR | BREADSTICK FRENCH PARBK | | | | |
| | | 8993412 | 240/1 OZ | TEENY | BREADSTICK GARLIC | | | | |
| | | 4874216 | 16/20 PK | AREZZIO | BREADSTICK ITAL THIN 7-1/2 " | | | | |
| | | 7014509 | 150/1.75OZ | SYS CLS | BREADSTICK PLAIN FRCH PARBKD | | | | |
| 7090962 | | 266/1.5 OZ | SYS CLS | DOUGH BREADSTICK | | | | | |
| 2406643 | | 360/1 OZ | BRDGFRD | DOUGH BREADSTICK CHEESY GARLIC | | | | | |
| CHOOSE 1 OR 2 | ADD-INS | 5685896 | 2/12.5# | SYS CLS | SUNFLOWER KERNEL SALTED | 2 lbs | 1 Tbsp** | | |
| | | 4888335 | 1/5 LB | SYS CLS | SUNFLOWER KERNEL SHELLLED RAW | | | | |
| | | 5684170 | 2/12.5# | SYS CLS | SUNFLOWER KERNEL UNSALTED | | | | |
| | ADD-INS | 4791386 | 3/5 LB | SCHRBER | CHEESE CUBE HAVARTI/GOUDA/MUEN | 3 lbs | 2 Tbsp (0.125) | | |
| | | 6338149 | 2/5 LB | BBRLIMP | CHEESE CUBE MILD CHDR YEL | | | | |
| | | 6338453 | 3/5 LB | BBRLCLS | CHEESE CUBE SWISS PEPPER CHED | | | | |
| | | 1712371 | 4/5 LB | SCHLCHO | CHEESE AMER YEL SHRD | | | | |
| | | 3302346 | 4/5 LB | SYS CLS | CHEESE BLEND SHREDDED | | | | |
| | | 2406189 | 4/5 LB | CASASOL | CHEESE CHDR JACK SHRD FCY | | | | |
| | | 2476596 | 4/5 LB | CASASOL | CHEESE MONTEREY JACK SHRD FCY | | | | |
| | | 2433415 | 4/5 LB | AREZZIO | CHEESE PARMESAN SHRED FANCY | | | | |
| | | 5020169 | 2/5 LB | WHLFARM | CHEESE COTTAGE SMALL CURD 1% | | | 10 LBS | 1/4 CUP |
| | | ADD-INS | 4062105 | 1/10 LB | SYS REL | | | BACON BIT IMITATION | 2 lbs |
| | 4062113 | | 1/25 LB | SYS REL | BACON BIT IMITATION | | | | |
| | 5757127 | | 6/2 LB | SYS CLS | BACON BIT PCS CKD 1/2 IN | | | | |
| | 5757051 | | 2/5 LB | SYS CLS | BACON BIT PCS CKD 3/8IN | | | | |
| OPTIONAL | PREPARED SALADS | 4953998 | 6/#10 | SYS CLS | FRUIT FOR SALAD FCY IN JCE | 2 #10 cans or 8 lbs | 1/4 cup (0.25) | | |
| | | 4838710 | 6/#10 | SYS CLS | FRUIT FOR SALAD QUARTER CH HS | | | | |
| | | 3856507 | 2/8 LB | SYS IMP | SALAD FRUIT | | | | |
| | | 2527786 | 1/8 LB | SYS IMP | SALAD FRUIT COMBO | | | | |
| | | 2527802 | 1/24 LB | SYS IMP | SALAD FRUIT COMBO | | | | |
| | | 7763675 | 6/#10 | DOLE | SALAD FRUIT TROPICAL JCE | | | | |
| | PREPARED SALADS | 1568195 | 2/8 LB | SYS CLS | SALAD CARROT & RAISIN | 2 tubs or #10 cans | 1/4 cup (0.25) | | |
| | | 6724231 | 2/5 LB | SYS CLS | SALAD CHICKEN W/CEL/ONION/PIKL | | | | |
| | | 9002908 | 2/7 LB | SYS CLS | SALAD COLESLAW DIXIE CHPD | | | | |
| | | 3162203 | 3/9.5 LB | SYS CLS | SALAD COLESLAW DIXIE ORIG RCP | | | | |
| | | 1568369 | 2/7 LB | SYS CLS | SALAD COLESLAW SHRED | | | | |
| | | 7358656 | 2/5 LB | RESERS | SALAD EGG CLS | | | | |
| | | 1034578 | 3/8 LB | SYS CLS | SALAD MACARONI ELBOW | | | | |
| | | 1839398 | 3/10 | SYS CLS | SALAD MACARONI ORIG RECIPE EST | | | | |
| 6528160 | 2/5 LB | BBRLCLS | SALAD PASTA CALIFORNIA | | | | | | |
| 1568203 | 2/8 LB | SYS CLS | SALAD PASTA ITALIAN | | | | | | |

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| OPTIONAL | PREPARED SALADS | 2094464 | 2/6 LB | RESERS | SALAD PISTACHIO DELIGHT | 2 tubs or #10 cans | 1/4 cup (0.25) |
| | | 1839414 | 3/10 LB | SYS CLS | SALAD POTATO CNTRY STYLE W/EGG | | |
| | | 6495717 | 3/10LB | SYS CLS | SALAD POTATO FAM STY | | |
| | | 1611383 | 3/8 LB | SYS CLS | SALAD POTATO MUSTARD CLASSIC | | |
| | | 2518017 | 3/8 LB | RESERS | SALAD POTATO NORTHWEST | | |
| | | 7601109 | 3/8 LB | DICKEYS | SALAD POTATO ORIG MUST | | |
| | | 1034594 | 3/8 LB | SYS CLS | SALAD POTATO REGULAR | | |
| | | 1372549 | 2/8 LB | SYS CLS | SALAD FOUR BEAN | | |
| | | 4000782 | 6/#10 | SYS CLS | SALAD THREE BEAN FANCY | | |
| | | 7460195 | 2/5# | RESERS | SALAD TUNA CLS | | |
| | | 6724249 | 2/5 LB | SYS CLS | SALAD TUNA W/CELERY & PICKLE | | |

Billi Grossman, RD LD



Before entering the Nutrition field, Billi Grossman had a successful 20-year career in Sales and Marketing. She became a Registered Dietitian in 1998, graduating from University of California, Davis and completing her Dietetic Internship at UC Berkeley, School of Public Health. Billi's experience encompasses clinical environments, food service, and management. She was Nutrition Services Director for the Meals on Wheels and Senior Nutrition programs in Marin County CA for 3 years. She worked for Marin General Hospital for 5 years, a 265-bed acute care Hospital, managing the Nutrition Services Department, a staff of 47 clinical dietitians and food service personnel and producing more than 1000 meals each day.

Billi has extensive knowledge of regulatory requirements and processes for healthcare (acute and skilled nursing), elderly nutrition programs, and school nutrition. She is skilled at menu planning and implementation and has excellent familiarity with nutrition analysis software, including Nutrikids. She enjoys teaching and has developed curricula for staff trainings in food service, food production and management skills throughout her career.

Billi is currently working with Sysco NM, planning menus, and supporting food service departments within the Bureau of Indian Education. She approaches this work with a commitment to service, accessibility and responsiveness. She has developed professional and supportive relationships with food service managers and staff as well as state regulators in NM and AZ.

