



Bridgeton Food Services

"Feeding Education is Always on the Menu"





Introducing: *The Salad Bar*



What is a Salad Bar?



Salad Bars offer a wide variety of delicious and healthy foods!

They give you the freedom to choose your favorite fruits & vegetables to eat and to try new things!

What Do You Need To Make A Salad?



Choose your salad base

Base: Choose a leafy green salad base to start such as

- Lettuce
- Spinach
- Kale
- Spring mix



Pick a Protein

Salad bars offer a variety of proteins:

- Black beans
- Garbanzo beans (chickpeas)
- Hard boiled eggs
- Chicken
- Cheese



Proteins help keep you full for longer!

Choose some veggie toppings

Salad bars have a wide range of all your favorite toppings! Some may include:

- Cucumbers
- Tomatoes
- Peppers
- Broccoli
- Carrots
- Mushrooms
- Corn
- Peas
- Onion



Add as many veggies as you'd like to make your salad even tastier and healthier!

Choose a Dressing

Salad bars offer many different types of dressings so you can choose your favorite or try something new!

- Ranch
- Italian
- Caesar



Building your own salad

What you'll need:

Step 1: Salad Base

Step 2: Pick a protein (optional)

Step 3: Choose some toppings

Step 4: Add dressing

Step 5: Mix & enjoy!



The background of the entire image is a close-up, high-resolution photograph of fresh green salad leaves, likely a variety of lettuce with ruffled and pointed edges. The leaves are a vibrant green color and appear to have some moisture on their surfaces, with small highlights reflecting light. The texture is very detailed, showing the veins and the crispness of the leaves.

Salad Bar Guidelines

Please follow these steps to keep the salad bar clean and safe!

Salad Bar Guidelines

1- Always wash your hands first.



Salad Bar Guidelines

2- Always use Utensils. NEVER USE YOUR FINGERS.



Only touch the handle-
never the spoon

Salad Bar Guidelines

3- If a utensil or plate falls on the floor, don't put it back.

Tell a cafeteria person.



Salad Bar Guidelines

4- Don't taste food items at the salad bar.

Bring it back to your seat to try!



Salad Bar Guidelines

5- Only take a small amount of new foods to try.



Tip: Pair something new with your favorite dressing!

Salad Bar Guidelines

6- Take only what you can eat.



Salad Bar Guidelines

7- Don't bring food back to the salad bar.



Salad Bar Guidelines

8- Do NOT put your head under the glass shield.

Ask for help if you can't reach something.



Salad Bar Guidelines

9- Always be polite in line. Wait your turn.



Salad Bar Guidelines

10- Always use a clean plate for seconds.



Salad Bar Guidelines

Most Importantly- Enjoy Your Salad!



Thank You!

