

# CENTENNIAL STUDENT UNION



## DRESSINGS

Ranch (90 Cal)  
Light Ranch (25 Cal)  
Southwest Ranch (105)  
French (140 Cal)  
Honey Mustard (130 Cal)  
Caesar (130 Cal)  
Balsamic Vinaigrette (110 Cal)  
Red Wine Vinegar & Oil (120 Cal)  
Strawberry Balsamic (150 Cal)  
Roasted Tomato Vinaigrette (140 Cal)

## CHOOSE: SALAD OR WRAP

Romaine (15 Cal)	Wheat (300 Cal)
Spring Mix (13 Cal)	Tomato Basil (310 Cal)
Spinach (15 Cal)	Spinach (310 Cal)

## VEGETABLES & TOPPINGS

Tomatoes (5 Cal)	Corn (20 Cal)
Cucumbers (3 Cal)	Black Beans (30 Cal)
Mushrooms (6 Cal)	Peas (20 Cal)
Red Onions (11 Cal)	Artichokes (15 Cal)
Broccoli (10 Cal)	Banana Peppers (8 Cal)
Carrots (11 Cal)	Black Olives (30 Cal)
Bell Peppers (6 Cal)	Croutons (115 Cal)
Roasted Veggies (25 Cal)	Cherry Peppers (5 Cal)
Mandarin Oranges (10 Cal)	Sunflower Seeds (80 Cal)
Dried Cranberries (85 Cal)	Roasted Veggies (25 Cal)
	Seasonal Item (5-30 Cal)

## CHEESES

Mozzarella (84 Cal)  
Parmesan (110 Cal)  
Cheddar (100 Cal)  
Feta (75 Cal)  
Blue (100 Cal)

## PROTEINS

Chicken (140 Cal)  
Ham (140 Cal)  
Seafood (70 Cal)  
Bacon (120 Cal)  
Turkey (90 Cal)  
Egg (130 Cal)  
Tofu (80 Cal)  
Bacon (120 Cal)

**UNIVERSITY DINING SERVICES**

 MINNESOTA STATE UNIVERSITY MANKATO