Salad in a Jar Ingredients

Choose from the following lists, the ingredients you would use to build your jar salad. Draw, color and label your salad, by layers in the provided Mason jar template. Try to be as realistic as possible!

Dressings Toppings

Ranch Sesame Seeds

Balsamic Vinegar Croutons

Honey Mustard Craisins

Chow Mein Noodles

Vegetables Greens

Carrots Lettuce

Onions Spinach

Peppers Red Cabbage

Broccoli

Cucumber

Radishes

Mushrooms

Zoodle Noodles

Protein Cheese

Hard Boiled Eggs Grated Cheddar

Bacon Bits Feta Cheese

Garbanzo Beans

Pecans

Almonds

Sunflower Seeds

Pasta & Grains

Cooked Pasta

Cooked Rice

Cooked Quinoa