

# Chef Salad Meal

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Salad Meal
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Chef Salad Meal W/ Muffin

## Nutrition Information

<b>Calories</b>	575.03	<b>Protein</b>	20.43g
<b>Fat</b>	20.30g	<b>SaturatedFat</b>	6.70g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	77.28mg
<b>Carbohydrates</b>	76.59g	<b>Fiber</b>	8.50g
<b>Sugar</b>	34.83g	<b>Sodium</b>	700.21mg
<b>Iron</b>	4.64mg	<b>Vitamin C</b>	61.17mg
<b>Vitamin A</b>	23887.73IU	<b>Calcium</b>	319.81mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 3/20 Ounce	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	UNSPECIFIED Not currently available
3/4 Ounce	202150	TURKEY HAM DCD 2-5 JENNO	
1 1/2 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
2 1/2 Tablespoon	150250	CHEESE CHED MLD SHRD 4-5# COMM	
4 Each	510637	CARROT BABY WHL CLEANED 12-2 RSS	
1 Each	201367	APPLE DELICIOUS RED 125CT MRKN	

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	861850	DRESSING RNCH LT 4-1GAL LTHSE	READY_TO_EAT Open, pour and enjoy!
1 Package	736280	CRACKER GLDFSH CHED WGRAIN 300-.75Z	
1 Each	273442	MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	

## Preparation Instructions