

Michigan Salad

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Monday's Menu Item

Nutrition Information

Calories	3559.09	Protein	124.00g
Fat	213.00g	SaturatedFat	53.00g
Trans Fat	0.00g	Cholesterol	320.00mg
Carbohydrates	279.18g	Fiber	34.12g
Sugar	162.52g	Sodium	4100.00mg
Iron	9.28mg	Vitamin C	75.60mg
Vitamin A	15502.86IU	Calcium	1430.16mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	152121	CHIX BRST GRLLD CKD 3Z 2-5 TYS	<p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave</p> <p>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>
2 Ounce	441511	CHERRY DRIED 10 P/L	
2 Ounce	164143	CHEESE BLEU CRMBL 4-5 STLL	
2 Ounce	134860	WALNUT HLVS & PCS 4-2.5 GFS	
1 Each	824970	DRESSING VINAG RASPFB FF PKT60- 1.5PMLL	
1 Ounce	647220	SEASONING ZESTY NO SALT 19Z TRDE	

Preparation Instructions