

# Michigan Salad

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Monday's Menu Item

## Nutrition Information

<b>Calories</b>	3559.09	<b>Protein</b>	124.00g
<b>Fat</b>	213.00g	<b>SaturatedFat</b>	53.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	320.00mg
<b>Carbohydrates</b>	279.18g	<b>Fiber</b>	34.12g
<b>Sugar</b>	162.52g	<b>Sodium</b>	4100.00mg
<b>Iron</b>	9.28mg	<b>Vitamin C</b>	75.60mg
<b>Vitamin A</b>	15502.86IU	<b>Calcium</b>	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 RASPB FF PKT60- 1.5PMLL	
1 Ounce	647220	SEASONING ZESTY NO SALT 19Z TRDE	

## Preparation Instructions