

Chef Salad

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

Mix Greens, Veggies, Chesse, Egg and Chix

Nutrition Information

Calories	359.44	Protein	21.33g
Fat	20.92g	SaturatedFat	5.92g
Trans Fat	0.00g	Cholesterol	99.72mg
Carbohydrates	19.11g	Fiber	3.00g
Sugar	1.00g	Sodium	552.06mg
Iron	2.10mg	Vitamin C	0.00mg
Vitamin A	323.83IU	Calcium	146.56mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup		Romaine, Chopped	1 cup dished=1/2 cup served wash all vegetables, combine include salad dressing packet
1/4 Cup		Carrots, baby	Wash all vegetables, combine include salad dressing packet
1/4 Cup	749041	Grape Tomatoes	Wash all vegetables, combine include salad dressing packet
1/2 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1/2 Serving	206547	EGG SHL MED A GRD 6-30CT GCHC	
1 1/2 Serving	4372	Dinner Roll, Whole Grain, unliced 32 oz/24ct	READY_TO_EAT

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	281622	CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.
1 Serving	748500	CROUTON HMSTYL SEAS 10-2 GFS	

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet