

Cheff Salad - Student

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad

Nutrition Information

Calories	164.19	Protein	18.43g
Fat	6.15g	SaturatedFat	2.74g
Trans Fat	0.00g	Cholesterol	46.00mg
Carbohydrates	9.10g	Fiber	3.21g
Sugar	3.40g	Sodium	477.09mg
Iron	2.17mg	Vitamin C	71.70mg
Vitamin A	10747.01IU	Calcium	88.80mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
2 Ounce	294187	HAM SLCD .5Z 4-2.5 GFS	
2 Ounce	244190	TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	
4 Slice	418439	CUCUMBER SELECT 24CT MRKN	
4 Each	569551	TOMATO CHERRY 11 MRKN	
1/2 Ounce	712131	CHEESE BLND CHED/MONTRY JK SHRD 4-5	

Preparation Instructions