

# Chef Salad - Student

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

Salad

## Nutrition Information

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