

# Chef 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

Mix Greens, Veggies, Chesse, Egg and Chix

## Nutrition Information

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

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.