

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	473.01	Protein	26.41g
Fat	21.23g	SaturatedFat	5.51g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	45.63g	Fiber	8.82g
Sugar	7.49g	Sodium	697.45mg
Iron	3.83mg	Vitamin C	97.79mg
Vitamin A	1059.51IU	Calcium	225.53mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	Ready to eat
1 Ounce	281622	CHIX PTY BRD WGRAIN FC 3.54Z 4- 8.2	Use cooked chilled chicken
3/4 Cup	748500	CROUTON HMSTYL SEAS 10-2 GFS	Ready to eat
1 Ounce	242071	LETTUCE SALAD SEP BAGS 4-5 RSS	Ready to eat
1 Ounce	732486	CAULIFLOWER BITE SIZE 2-3 RSS	Ready to eat
1 Ounce	732478	BROCCOLI FLORET REG CUT 4-3 RSS	Ready to eat
1 Slice	592323	CUCUMBER SELECT 6CT P/L	Ready to eat
1 Each	569551	TOMATO CHERRY 11 MRKN	Ready to eat

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152211	BREADSTICK WGRAIN 1.31Z 10-20CT	Ready to eat

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.