

# K-6 Chef Salad

<b>Servings:</b>	24.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Romaine Lettuce, Carrots, Cherry Tomatoes, Cucumber, Shredded Cheese & Turkey Ham

## Nutrition Information

<b>Calories</b>	143.66	<b>Protein</b>	16.01g
<b>Fat</b>	6.72g	<b>SaturatedFat</b>	3.67g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.76mg
<b>Carbohydrates</b>	5.00g	<b>Fiber</b>	1.55g
<b>Sugar</b>	1.25g	<b>Sodium</b>	242.81mg
<b>Iron</b>	1.70mg	<b>Vitamin C</b>	36.48mg
<b>Vitamin A</b>	5538.84IU	<b>Calcium</b>	128.35mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
24 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
48 Ounce	569551	TOMATO CHERRY 11 MRKN	
48 Ounce	16P98	Cucumber	BAKE
48 Ounce	18D69	Carrots, baby	BAKE
50 Ounce	187791	CHIX DCD STRPS 1/2 30# GLDKST	BAKE  FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.
24 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	

## Preparation Instructions

Prepare salad in 6" round black bowl

Place 1 cup of romaine lettuce

on top add

-2oz Baby carrots

-2oz Cheery tomatoes

-2oz Cucumbers

-2oz Dice Turkey Ham

-top with 1oz Shredded Cheese