

K-6 Italian Tossed Salad

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| Servings: | 24.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Italian Tossed Salad

Nutrition Information

| | | | |
|----------------------|------------|---------------------|----------|
| Calories | 139.95 | Protein | 9.80g |
| Fat | 2.99g | SaturatedFat | 1.00g |
| Trans Fat | 0.00g | Cholesterol | 39.87mg |
| Carbohydrates | 16.66g | Fiber | 5.00g |
| Sugar | 3.50g | Sodium | 354.66mg |
| Iron | 3.78mg | Vitamin C | 10.40mg |
| Vitamin A | 20000.00IU | Calcium | 113.29mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-----------------|------------|----------------------------|--------------------------|
| 24 Cup | 305812 | LETTUCE ROMAINE 24CT MRKN | |
| 72 Ounce | 749041 | Grape Tomatoes | |
| 48 Ounce | 202150 | TURKEY HAM DCD 2-5 JENNO | |
| 12 Ounce | 429198 | ONION RING RED 1/4 2-5 RSS | |

Preparation Instructions

1 Serving place 1 cup of romaine lettuce in a 12oz clamshell bowl

top with 4 cherry/grape tomatoes

next add 2 oz of turkey ham

add 1/2 oz of red onions slices

Optional condiment

1 packet Parmesan cheese

1 packet croutons

1 package of fat free Italian dressing