

K-6 Chef Salad

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

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

Nutrition Information

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