

K-6 Italian Tossed Salad

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