

Cranberry Apple Salad

Servings: 10.00

Serving Size: 1.00 Each

Meal Type: Lunch

Category: Vegetable

HACCP Process: No Cook

Mixture of romaine and spinach lettuce with diced chx, apples, dried cranberries, mozzarella cheese, and sunflower seeds

Nutrition Information

Calories	496.81	Protein	22.70g
Fat	20.35g	SaturatedFat	9.25g
Trans Fat	0.00g	Cholesterol	42.50mg
Carbohydrates	55.51g	Fiber	7.78g
Sugar	26.30g	Sodium	1136.04mg
Iron	2.68mg	Vitamin C	4.38mg
Vitamin A	182.26IU	Calcium	274.14mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Tablespoon	337910	SEED SUNFLWR RSTD SLTD 4-4 GFS	Might be more advantageous to buy from Forks for smaller quantity.
15 Ounce	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	
2 1/2 cup	645170	CHEESE MOZZ SHRD 4-5 LOL	
5 Cup	597481	APPLE DELICIOUS GOLDEN 125-138CT MRKN	
10 Tablespoon	741950	DRIED CRANBERRIES PREM 4 P/L	
20 Cup	165761	LETTUCE ROMAINE SPRING MIX BLND 4-2	
10 Each	237390	DOUGH BISCUIT WGRAIN 216-2.1Z RICH	Use what you are already using- (if homemade). But must be 2 oz grain equiv

Measurement	DistPart #	Description	Preparation Instructions
10 Each	824970	DRESSING VINAG RASPB FF PKT60-1.5PMLL	

Preparation Instructions

To prep salad:

1. 2 cups romaine/spring mix
2. 1.5 oz of diced chicken
3. 1/2 cup diced apples
4. 1 Tbsp dried cranberries
5. 1 Tbsp sunflower seeds
6. 1/4 cup mozzarella cheese

Put each component in a different area- separated so the presentation looks appealing to the students

Serve with a 2 oz grain equiv and raspberry vinaigrette