

K-6 Chef Salad

Servings:	24.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

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

Nutrition Information

Calories	191.91	Protein	18.27g
Fat	9.05g	SaturatedFat	4.44g
Trans Fat	0.00g	Cholesterol	74.20mg
Carbohydrates	9.68g	Fiber	3.32g
Sugar	3.00g	Sodium	624.84mg
Iron	2.90mg	Vitamin C	74.91mg
Vitamin A	11034.52IU	Calcium	167.69mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	2 cups of romaine lettuce = 1 cup eq. of vegetable
120 Each	569551	TOMATO CHERRY 11 MRKN	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.
96 Slice	16P98	Cucumber	4 slices = 1 1/2 oz (wt.) cucumber
72 Each	18D69	Carrots, baby	3 baby carrots = 1/8 cup/1oz
24 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	1/4 cup =2oz scoop=1oz shredded cheese.

Measurement	DistPart #	Description	Preparation Instructions
72 Ounce	202150	TURKEY HAM DCD 2-5 JENNO	Thaw under refrigeration: Use 4oz ladle (use a level scoop of meat) = 3oz of turkey ham

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl

Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)

Add 5 sliced cherry tomatoes

Add 4 slices of cucumbers

Add 3 baby carrots

and top with 1/2 oz (1 Tablespoon) Use # 30 Scoop of shredded cheese.