

# K - 3 CHEF SALAD

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1		305812
CARROT BABY WHL CLEANED 12-2 RSS	4 Ounce		510637
LETTUCE ICEBERG PREM 24CT MRKN	1		198633
TOMATO GRAPE SWT 10 MRKN	3/20 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	3/20 Cup		198587
TURKEY BRST SKNLS BRN 2-9.5AVG PERD	1 Ounce		499430
HAM BUFFET SHAVE 2-11AVG HRML	1 Ounce		533408
DRESSING RNCH LT CUP 200-.75Z	2 Tablespoon	READY_TO_EAT Easy single serving	864970
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CRACKER GRHM DESPICABLE ME 210-1Z	1 Package		865091

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.08
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		440.76	
<b>Fat</b>		17.21g	
<b>SaturatedFat</b>		3.52g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		27.50mg	
<b>Sodium</b>		1246.57mg	
<b>Carbohydrates</b>		54.68g	
<b>Fiber</b>		6.54g	
<b>Sugar</b>		18.57g	
<b>Protein</b>		14.62g	
<b>Vitamin A</b>	18570.69IU	<b>Vitamin C</b>	16.77mg
<b>Calcium</b>	103.57mg	<b>Iron</b>	3.51mg