

K - 3 CHEF SALAD

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.08
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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