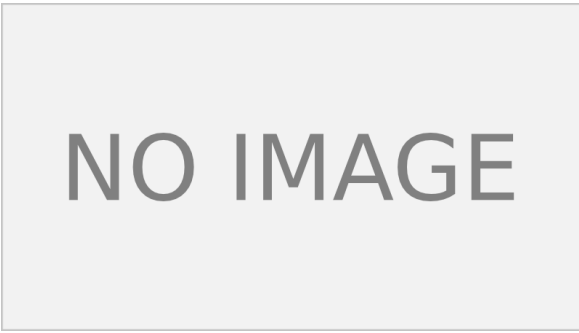


K - 3 SIDE CAESAR SALAD



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	4 Ounce		305812
TOMATO GRAPE SWT 10 MRKN	3/20 Cup		129631
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package		175400
DRESSING CAESAR CUP 200-.75Z	1 Each	READY TO EAT Makes a great traditional Caesar or pasta salad. Add grilled chicken or salmon for a salad entree or wrap in a pita for a delicious meal. Also makes a great baste for grilling chicken.	864990

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	189.86
Fat	15.06g
SaturatedFat	4.02g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	311.35mg
Carbohydrates	10.05g
Fiber	2.33g
Sugar	1.75g
Protein	3.24g

Vitamin A	10224.91IU	Vitamin C	8.23mg
Calcium	102.70mg	Iron	1.51mg