

Chef Salad Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 3/20 Ounce	UNSPECIFIED Not currently available	570533
TURKEY HAM DCD 2-5 JENNO	3/4 Ounce		202150
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5# COMM	2 1/2 Tablespoon		150250
CARROT BABY WHL CLEANED 12-2 RSS	4 Each		510637
APPLE DELICIOUS RED 125CT MRKN	1 Each		201367
DRESSING RNCH LT 4-1GAL LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	861850
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.89
Grain	2.00
Fruit	0.50
GreenVeg	0.75
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

Amount Per Serving

Calories	575.03
Fat	21.00g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	77.28mg
Sodium	721.61mg
Carbohydrates	76.59g
Fiber	8.80g
Sugar	34.83g
Protein	20.83g
Vitamin A 23387.73IU	Vitamin C 61.17mg
Calcium 239.81mg	Iron 4.65mg