

# Chef Salad Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	1.89
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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