

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00 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	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
DRESSING CAESAR 4-1GAL LTHSE	2 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141
APPLE DELICIOUS RED 125CT MRKN	1 Each		201367
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CROUTON LRG SEAS 10-2 GFS	1 Each		748520
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Salad Meal

Amount Per Serving			
Calories	621.33		
Fat	29.27g		
SaturatedFat	5.15g		
Trans Fat	0.00g		
Cholesterol	72.17mg		
Sodium	644.27mg		
Carbohydrates	69.27g		
Fiber	7.80g		
Sugar	31.67g		
Protein	21.70g		
Vitamin A	15493.31IU	Vitamin C	56.11mg
Calcium	150.43mg	Iron	4.03mg