

# **Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Alfredo w/Bread stick

<b>Servings:</b>	80.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28449
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	15 Pound		413360
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	160 Each	Serve 1 each	512723

## Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.816
<b>Grain</b>	2.280
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	276.39
<b>Fat</b>	5.45g
<b>SaturatedFat</b>	1.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.36mg
<b>Sodium</b>	296.83mg
<b>Carbohydrates</b>	37.02g
<b>Fiber</b>	2.56g
<b>Sugar</b>	1.01g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.40mg	<b>Iron</b> 2.30mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	162.49
<b>Fat</b>	3.20g
<b>SaturatedFat</b>	0.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.14mg
<b>Sodium</b>	174.50mg
<b>Carbohydrates</b>	21.76g
<b>Fiber</b>	1.50g
<b>Sugar</b>	0.59g
<b>Protein</b>	11.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.45mg	<b>Iron</b> 1.35mg

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# Egg & Cheese Biscuit

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33846
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	Use biscuit #237290 if this one is unavailable.	126962
EGG SCRMBD PTY RND GRLLD 144- 1Z PAP	2 Each		208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

## Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble egg patty onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	162.50mg
<b>Sodium</b>	725.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 65.46IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 151.50mg	<b>Iron</b> 1.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

<b>Servings:</b>	96.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28426
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	1 Pint	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

## Preparation Instructions

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	70.72		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	93.58mg		
<b>Carbohydrates</b>	9.22g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	6.99g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.05mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Smashed Red Potatoes

<b>Servings:</b>	100.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35696

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED B SZ 50 MRKN	50 Pound		200476
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SPICE ROSEMARY LEAF 6Z TRDE	1 Teaspoon		138310

## Preparation Instructions

1. Place washed potatoes in hotel pans and steam until fork-tender.
2. Drizzle sheet pans with olive oil and place tender potatoes on the pan, leaving space between each potato (to smash).
3. With a large fork or potato masher, press down each potato twice in an "X" until it mashes, placing any filling caught in the fork/masher back on top of the potato.
4. Drizzle the tops of the potatoes with olive oil and sprinkle with salt & pepper and rosemary, chives, or other herbs. Add a sprinkle of grated parmesan if desired.
5. Bake 20-25 minutes until golden brown and sizzling.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	175.87
<b>Fat</b>	0.41g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13.60mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.07g
<b>Sugar</b>	2.67g
<b>Protein</b>	4.53g
<b>Vitamin A</b> 4.53IU	<b>Vitamin C</b> 44.67mg
<b>Calcium</b> 27.20mg	<b>Iron</b> 1.76mg

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## Nutrition - Per 100g

<b>Calories</b>	155.09
<b>Fat</b>	0.36g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.99mg
<b>Carbohydrates</b>	35.27g
<b>Fiber</b>	4.47g
<b>Sugar</b>	2.35g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 4.00IU	<b>Vitamin C</b> 39.39mg
<b>Calcium</b> 23.99mg	<b>Iron</b> 1.55mg

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# Crunchy Carrots w/ dip

<b>Servings:</b>	1.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22506
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

Portion into 5 oz black containers..

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	154.44
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	12.67g
<b>Fiber</b>	3.56g
<b>Sugar</b>	6.33g
<b>Protein</b>	0.89g
<b>Vitamin A</b> 19022.22IU	<b>Vitamin C</b> 6.93mg
<b>Calcium</b> 37.33mg	<b>Iron</b> 0.32mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Garden Side Salad w/ ranch

<b>Servings:</b>	1.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT 4-6CT MRKN	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	156.57		
<b>Fat</b>	13.36g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	299.87mg		
<b>Carbohydrates</b>	6.25g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	3.37g		
<b>Protein</b>	2.94g		
<b>Vitamin A</b>	381.53IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	71.29mg	<b>Iron</b>	0.14mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Watermelon Wedge

<b>Servings:</b>	20.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	1 Each	*Order Piazza #01815*	326089

## Preparation Instructions

1. Thoroughly wash and dry watermelon.
  2. Place watermelon on a clean cutting board and put on cutting gloves.
  3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

\*Order Piazza #01815\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.80		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.75mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	432.44IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	5.32mg	<b>Iron</b>	0.18mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# HS Assorted Fruit

<b>Servings:</b>	9.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	READY_TO_EAT ready to use	268348

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.556
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	72.53
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.72mg
<b>Carbohydrates</b>	17.78g
<b>Fiber</b>	2.19g
<b>Sugar</b>	11.11g
<b>Protein</b>	0.72g
<b>Vitamin A</b> 62.07IU	<b>Vitamin C</b> 11.50mg
<b>Calcium</b> 15.73mg	<b>Iron</b> 0.26mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Mac & Cheese Bowl

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT DK MT FC 6-5 TYS	1 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
  2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	564.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	1661.01mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 616.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 413.00mg	<b>Iron</b> 2.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad w/ banana bread

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25956
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TURKEY HAM DCD 2-5 JENNO	2 Ounce	3 oz by weight = 2 oz of Meat	202150
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
TOMATO CHERRY 11 MRKN	3 Each	Cut cherry tomatoes in half.	569551
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

## Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 2 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1 oz

Turkey Ham, diced - 2 oz by weight

Hardboiled Egg- 1, sliced

Serve with salad dressing packet and 1 slice of banana bread

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.829
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.610
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	687.25
<b>Fat</b>	39.47g
<b>SaturatedFat</b>	12.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	241.54mg
<b>Sodium</b>	1049.68mg
<b>Carbohydrates</b>	57.52g
<b>Fiber</b>	5.79g
<b>Sugar</b>	30.30g
<b>Protein</b>	29.13g
<b>Vitamin A</b> 5889.84IU	<b>Vitamin C</b> 10.83mg
<b>Calcium</b> 429.98mg	<b>Iron</b> 2.74mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad w/ croutons & roll

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
Ham, Cubed Frozen	2 7/16 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD 25 GCHC	1 Each		711160
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920
CUCUMBER SELECT 4-6CT MRKN	4 Slice		361510

## Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, sliced egg, cherry tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.043
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	447.15
<b>Fat</b>	16.73g
<b>SaturatedFat</b>	6.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	236.00mg
<b>Sodium</b>	1058.75mg
<b>Carbohydrates</b>	46.50g
<b>Fiber</b>	4.18g
<b>Sugar</b>	11.75g
<b>Protein</b>	28.88g
<b>Vitamin A</b> 763.35IU	<b>Vitamin C</b> 12.70mg
<b>Calcium</b> 225.58mg	<b>Iron</b> 4.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

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