

Chef Salad w/ diced chicken

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27467
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT SUPER	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	3 Quart 1 Pint 1/7 Cup (14 1/7 Cup)		520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.835
Grain	0.000
Fruit	0.000
GreenVeg	4.004
RedVeg	0.250
OtherVeg	0.400
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	317.96
Fat	11.86g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	48.38mg
Sodium	683.67mg
Carbohydrates	33.71g
Fiber	16.81g
Sugar	10.06g
Protein	21.66g
Vitamin A 56469.87IU	Vitamin C 151.47mg
Calcium 533.64mg	Iron 11.97mg

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

Nutrition - Per 100g

No 100g Conversion Available
