

Vegetarian Egg and Cheese Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50312
School:	Attica Jr/Sr High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
EGG HARD CKD PLD	1 Each	READY_TO_EAT Product is fully cooked and ready to eat. Do not heat.	219160

Preparation Instructions

1. Place lettuce in a large clam shell.
2. Sprinkle cheese on lettuce.
3. Place sliced egg on the center of the lettuce.
4. Add a combination of listed vegetables below to equal 1/2 cup. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
6. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#152131 and GFS#152131)

Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	13.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	195.00mg
Sodium	245.00mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 253.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available