

Salad with Diced Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43203
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
TURKEY HAM DCD	1 3/4 Ounce	Weight	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022

Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	476.38
Fat	19.48g
SaturatedFat	7.89g
Trans Fat	0.00g
Cholesterol	61.98mg
Sodium	996.69mg
Carbohydrates	49.67g
Fiber	8.98g
Sugar	10.53g
Protein	28.04g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available