

# Diced Ham Salad with Croutons and Goldfish

<b>Servings:</b>	1.00	<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-49817
<b>School:</b>	Hebron Elementary and Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
TURKEY HAM DCD	1 1/2 Ounce	Weight	202150
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package		745481

## Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and ham) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	356.58
<b>Fat</b>	14.56g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.59mg
<b>Sodium</b>	1213.80mg
<b>Carbohydrates</b>	38.75g
<b>Fiber</b>	2.65g
<b>Sugar</b>	5.75g
<b>Protein</b>	21.67g
<b>Vitamin A</b> 27.30IU	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 256.66mg	<b>Iron</b> 3.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available