

APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27213
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1 Pint		329401
CHEESE FETA DRY PKG	2 Ounce	crumble cheese - can be place in a souffle cup	171832
CRANBERRY DRIED SWTND	1/4 Cup	can be put in 2 oz souffle cup	350882
BACON TOPPING CKD 1/4IN DCD	1/2 Ounce	can be placed in a souffle cup	365650
APPLE FRSH SLCD	1/4 Cup		792382
CRACKER CRSP CHOC CHP	1 Package	READY_TO_EAT Ready to eat	526960
CRACKER CRISPS CINN	1 Each	READY_TO_EAT Ready to eat snack.	450322
DRESSING POPPYSEED	2 Fluid Ounce	READY_TO_EAT Open, pour and enjoy!	850942

Preparation Instructions

This salad has 2 oz m/ma, 2 grains, 1 cup of vegetables, and 3/4 cup of fruit. The feta cheese is credited according to the USDA food buying guide.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.333
Fruit	0.750
GreenVeg	2.000
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	848.00
Fat	34.17g
SaturatedFat	10.33g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1516.67mg
Carbohydrates	113.00g
Fiber	15.67g
Sugar	69.50g
Protein	31.00g
Vitamin A 38181.60IU	Vitamin C 2.40mg
Calcium 703.60mg	Iron 14.22mg

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

Nutrition - Per 100g

No 100g Conversion Available