

SOUTHWEST SALAD

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32539
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CORN WHL KERNEL FCY GRADE	1/4 Cup	BAKE	118966
BEAN BLACK	1/4 Cup		557714
SALSA CUP	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551
DRESSING RNCH BTRMLK PKT	1 Each		266523

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	2254.68
Fat	47.50g
SaturatedFat	15.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1280.50mg
Carbohydrates	353.08g
Fiber	157.04g
Sugar	157.04g
Protein	171.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2864.60mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available