

Egg and Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42663
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup		100012
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		192198
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, cheese, and egg. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.500
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	400.00
Fat	18.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	205.00mg
Sodium	720.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 4.08mg

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

Nutrition - Per 100g

No 100g Conversion Available