

# Ham Chef Salad w/ Goldfish & Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40137
<b>School:</b>	Union Center Elementary School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
Assorted Muffin	1 Serving	R-31227
CRACKER GLDFSH CHED WGRAIN	1 Package	736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<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>	430.49
<b>Fat</b>	18.46g
<b>SaturatedFat</b>	6.98g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	54.63mg
<b>Sodium</b>	766.50mg
<b>Carbohydrates</b>	50.71g
<b>Fiber</b>	3.25g
<b>Sugar</b>	18.23g
<b>Protein</b>	19.65g
<b>Vitamin A</b> 3.60IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 61.01mg	<b>Iron</b> 1.67mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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