

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.625
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	299.90
Fat	15.87g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	670.11mg
Carbohydrates	18.43g
Fiber	1.95g
Sugar	2.24g
Protein	18.18g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 315.34mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available