

Chef Salad- Alternate Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36839
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121
Ham, Cubed Frozen	1 1/2 Ounce	USDA Commodity/Brown Box OR GFS 202150. Weight	100188-H
EGG HRD CKD DCD IQF	1 Fluid Ounce		192198
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce	Use Commodity Brown Box when available or GFS#150250	100012
CARROT STIX STRAIGHT CUT	1/4 Cup	Or any other fresh vegetables you would like to offer.	576646
CROUTON CHS GARL WGRAIN	2 Package		661022
BREADSTICK GARLIC	1 Each	**Non-Whole Grain**	616500
DRESSING RNCH PKT	1 Each	Or other dressing options	195774

Preparation Instructions

Package all items together in salad container.

This is a reimbursable meal by itself (grain, meat/meat alternate, and vegetable). Students must still be able to take other vegetables, fruits, and milk on the menu for the day.

When making substitutions, make sure salad still counts as at least 2 oz. eq. meat/meat alternate and 2 oz. eq. grain.

Updated 5.22.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	598.05
Fat	36.79g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	170.46mg
Sodium	1216.05mg
Carbohydrates	46.93g
Fiber	4.19g
Sugar	9.05g
Protein	24.15g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 100.34mg	Iron 4.65mg

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

Nutrition - Per 100g

No 100g Conversion Available