

CHEF SALAD with RANCH DRESSING WITH CHEDDAR GOLDFISH - MIS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25950
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
TOMATO GRAPE 10 COMM	1/4 Cup		749041
CUCUMBER SELECT	1/4 Cup		418439

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	2 Package		661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD DRY PK	1 Each		853800
CARROT MATCHSTICK SHRED	1/4 Cup		198161
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1.22 os	UNSPECIFIED	100184
DRESSING RNCH ORIG PKT	2 Ounce		554693

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.820
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.468
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		726.73	
Fat		51.19g	
SaturatedFat		13.82g	
Trans Fat*		0.00g	
Cholesterol		224.75mg	
Sodium		1368.16mg	
Carbohydrates		45.64g	
Fiber		3.15g	
Sugar		7.82g	
Protein		24.50g	
Vitamin A	5377.35IU	Vitamin C	2.68mg
Calcium	306.66mg	Iron	3.87mg

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

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--