

SIX LAYER SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32568
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Six Layer Salad dressing	1/4 Serving	Mix ingredients until blended.	R-32569
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
EGG HARD CKD PLD DRY PK	1 Each		853800
PASTA PENNE CKD	1 Cup		835900
SALT IODIZED	1/4 Teaspoon		350732
SPICE PEPR BLK REST GRIND	1/8 Teaspoon		225061
Chicken, Diced, Cooked, Frozen	3 Ounce		100101
PEAS GREEN	1/2 Cup		610802
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
COOKIE SGR WGRAIN ICED PNK	1 Each		189791

Preparation Instructions

Rinse pasta to remove excess oil.

Thaw peas.

Layer ingredients in this order: lettuce, pasta, eggs, salt and pepper, chicken, peas. Spread dressing over top. Refrigerate covered for several hours or overnight.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
Grain	2.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1951.18
Fat	34.73g
SaturatedFat	11.24g
Trans Fat*	0.08g
Cholesterol	278.50mg
Sodium	1181.33mg
Carbohydrates	308.26g
Fiber	118.51g
Sugar	133.76g
Protein	155.74g
Vitamin A 10.28IU	Vitamin C 0.01mg
Calcium 2049.98mg	Iron 4.76mg

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

Nutrition - Per 100g

No 100g Conversion Available