

MJSH COLORIFIC SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50642
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
PEPPERS RED	1/4 Cup		597082
CRANBERRY DRIED SWTND	1/4 Cup		350882
PECAN PCS MED	1 Ounce		134830
Colorific Salad Dressing	1 Serving	Combine all ingredients and mix well in a blender.	R-30595

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.500
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		587.21	
Fat		36.35g	
SaturatedFat		10.38g	
Trans Fat*		0.01g	
Cholesterol		40.67mg	
Sodium		426.27mg	
Carbohydrates		57.73g	
Fiber		8.15g	
Sugar		46.36g	
Protein		12.98g	
Vitamin A	1001.34IU	Vitamin C	58.17mg
Calcium	317.58mg	Iron	0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available