

MJSH APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50643
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1 Pint		329401
CHEESE FETA DRY PKG	2 Ounce	crumble cheese - can be place in a souffle cup	171832
CRANBERRY DRIED SWTND	1/4 Cup	can be put in 2 oz souffle cup	350882
BACON TOPPING CKD 1/4IN DCD	1/2 Ounce	can be placed in a souffle cup	365650
APPLE FRSH SLCD	1/2 Cup		792382
DRESSING POPPYSEED 60-1.5FLZ PMLL	1 Each		832190

Preparation Instructions

According to the USDA food buying guide, feta cheese is credited.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	1.000
GreenVeg	2.000
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	621.00
Fat	23.50g
SaturatedFat	8.50g
Trans Fat*	0.00g
Cholesterol	35.00mg
Sodium	1260.00mg
Carbohydrates	83.00g
Fiber	15.00g
Sugar	59.00g
Protein	27.00g
Vitamin A	38231.60IU
Vitamin C	4.80mg
Calcium	700.60mg
Iron	13.20mg

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

Nutrition - Per 100g

No 100g Conversion Available