

Chef Salad



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15796
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	2 Quart 1 Pint (10 Cup)		242489
CRACKER CHEEZ-IT WGRAIN IW	20 Package		282422
CHEESE CHED REDC FAT SHRD 6-5 COMM	10 Ounce	cup the cheese	448010
TOMATO GRAPE SWT	2 Quart 1 Pint (10 Cup)		129631
PEPPERS GREEN LRG	2 Quart 1 Pint (10 Cup)	cut into slices	592315
CARROT BABY WHL PETITE	10 Ounce		768146
EGG HARD CKD PLD	1 Each	cut in half	219160

Preparation Instructions

Chop up lettuce, put cheese in 1oz container add all ingredients expect crackers in a 32oz bowl. Cashier will hand two pks of crackers with each salad sold.

Meal Components (SLE)

Amount Per Serving

Meat	1.100
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.156
OtherVeg	1.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	378.58
Fat	14.15g
SaturatedFat	6.35g
Trans Fat*	0.00g
Cholesterol	36.50mg
Sodium	557.54mg
Carbohydrates	47.50g
Fiber	7.99g
Sugar	11.58g
Protein	14.50g
Vitamin A 2050.70IU	Vitamin C 144.46mg
Calcium 254.10mg	Iron 2.79mg

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

Nutrition - Per 100g

No 100g Conversion Available