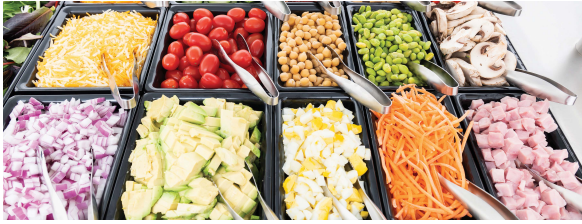


# Salad Bar



|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-39403 |
| <b>School:</b>       | Central Elementary School |                       |         |

## Ingredients

| Description                                                 | Measurement | Prep Instructions                                                                     | DistPart # |
|-------------------------------------------------------------|-------------|---------------------------------------------------------------------------------------|------------|
| Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools        | 1/4 Cup     | READY_TO_EAT                                                                          | 16L26      |
| Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools | 1/4 Cup     | READY_TO_EAT                                                                          | 15N66      |
| Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools | 1/4 Cup     | READY_TO_EAT                                                                          | 15P71      |
| CHEESE CHED SHRD                                            | 2 Ounce     | Ready to Eat                                                                          | 199720     |
| OLIVE RIPE SLCD BLK SPAIN                                   | 3 Each      |                                                                                       | 324531     |
| BACON CKD THN SLCD                                          | 1/4 Cup     |                                                                                       | 874124     |
| Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools   | 1 Pint      | READY_TO_EAT                                                                          | 15D44      |
| Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools    | 1/4 Cup     | READY_TO_EAT                                                                          | 15P30      |
| Broccoli Florets CHL 4/3 LB BG- Graves County Schools       | 1/4 Cup     | READY_TO_EAT                                                                          | 16W37      |
| Cauliflower FR 9-12 CT- Graves County Schools               | 1/4 Cup     | READY_TO_EAT                                                                          | 16W41      |
| CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#                         | 2 Piece     | Conventional Oven 20 min at 350 degrees F.<br>Convection Oven 14 min at 350 degrees F | 202490     |
| PEPPERONCINI 225CT                                          | 3 Each      | Ready to Eat                                                                          | 186333     |

| Description             | Measurement  | Prep Instructions             | DistPart # |
|-------------------------|--------------|-------------------------------|------------|
| CROUTON CHS GARL WGRAIN | 1 Package    | READY_TO_EAT<br>Ready to use. | 661022     |
| BACON BITS IMIT         | 1 Tablespoon | Ready to Eat                  | 230904     |
| EGG HARD CKD PLD        | 1 Each       | Ready to Eat                  | 711160     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

| Amount Per Serving |       |
|--------------------|-------|
| Meat               | 2.000 |
| Grain              | 1.000 |
| Fruit              | 0.000 |
| 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 Serving |           |           |         |
| Amount Per Serving         |           |           |         |
| Calories                   |           | 682.24    |         |
| Fat                        |           | 36.22g    |         |
| SaturatedFat               |           | 16.35g    |         |
| Trans Fat*                 |           | 0.02g     |         |
| Cholesterol                |           | 295.00mg  |         |
| Sodium                     |           | 1451.14mg |         |
| Carbohydrates              |           | 31.44g    |         |
| Fiber                      |           | 7.69g     |         |
| Sugar                      |           | 7.76g     |         |
| Protein                    |           | 43.98g    |         |
| Vitamin A                  | 9906.37IU | Vitamin C | 71.77mg |
| Calcium                    | 111.08mg  | Iron      | 6.17mg  |

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

### Nutrition - Per 100g

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