

Mexicali Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
CORN CUT IQF	1/8 Cup	PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	283730
CHEESE CHED SHRD	1/2 Ounce	Ready to Eat	199720
CHIP TORTL TRI- COLOR STRIP	1 Tablespoon	READY_TO_EAT Ready to Use	403573

Preparation Instructions

Container- 792220 or 146633
Cheddar Cheese- 150250
CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving	
Meat	0.250
Grain	0.125
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		110.79	
Fat		5.73g	
SaturatedFat		3.13g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		128.56mg	
Carbohydrates		9.82g	
Fiber		1.97g	
Sugar		1.08g	
Protein		4.94g	
Vitamin A	4838.00IU	Vitamin C	9.88mg
Calcium	21.38mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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