

Salad Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39403
School:	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 TNRD BRD WGRAIN 4.5Z 8-4#	2 Piece	Conventional Oven 20 min at 350 degrees F. 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 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