

Chef Salad-High School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO CHERRY	1/8 Cup	3 each	169275
CARROT BABY WHL PETITE	1/8 Cup	3 each	768146
CUCUMBER ENG	1/8 Cup	3 slices	896547
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CHIX PTY BRD WGRAIN 3.26Z	1 Each	cut into strips	558061
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	1.125
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		481.63	
Fat		25.50g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		848.33mg	
Carbohydrates		36.91g	
Fiber		5.00g	
Sugar		5.25g	
Added Sugar		0.00g	
Protein		23.46g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	289.03mg	Iron	2.95mg

Nutrition - Per 100g

No 100g Conversion Available
