

Merkley Student Salad

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52994
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	2 Cup		200344
CARROT MATCHSTICK SHRED	4 Tablespoon	Pinch	198161
TOMATO GRAPE SWT	1/4 Cup	2 Each	129631
CUCUMBER SELECT	1/4 Cup	2 Each	198587
CARROT BABY WHL PETITE	1/4 Cup	2 Each	768146
CRACKER GLDFSH XTRA WGRAIN	2 Package	N/A	745481
ROLL YEAST WHE WGRAIN 1.5Z	2 Each		233140
CHEESE AMER SHRD R/F	3/4 Cup	Choice of 1/4 cup serving if taking ham or 1/2 cup serving if doing only cheese	861950
Ham, Cubed Frozen	1 2/9 Ounce	Weight---USDA Brown Box Commodity	100188-H

Preparation Instructions

Each Salad gets put in a clamshell with 1 cup of romaine, 2 Tablespoons Matchstick Carrots (pinch), 2 Grape Tomatoes, 2 Cucumber Slices, 2 Baby Carrots, 1 Package of Goldfish, and 1 Dinner Roll.

Students get a choice of Ham (1.22 ounce weight) and Cheese (1/4 Cup) or Two Cheese Cups (1/2 Cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		370.24	
Fat		13.83g	
Saturated Fat		5.76g	
Trans Fat		0.00g	
Cholesterol		41.50mg	
Sodium		1184.56mg	
Carbohydrates		48.11g	
Fiber		5.12g	
Sugar		12.25g	
Added Sugar		0.00g	
Protein		20.38g	
Vitamin A	2120.85mcg	Vitamin C	4.28mg
Calcium	350.09mg	Iron	2.36mg

Nutrition - Per 100g

No 100g Conversion Available