

Warren Student Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53008
School:	Warren Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CUCUMBER SELECT	1/8 Cup	1 Slice Each	198587
TOMATO GRAPE SWT	1/8 Cup	3 Each	129631
CARROT BABY WHL PETITE	1/8 Cup	2 Each	768146
Savory Bites Wheat Crackers	1 Each		74131
CHEESE AMER SHRD R/F	1/4 Cup	N/A	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, 3 Grape Tomatoes, 1 Cucumber Slices, 2 Baby Carrots, 1 Package of Savory Crackers.

Students get Ham (1.22 ounce weight) and Cheese (1/4 Cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		309.28	
Fat		12.58g	
Saturated Fat		4.51g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		1107.52mg	
Carbohydrates		39.04g	
Fiber		4.77g	
Sugar		8.71g	
Added Sugar		4.00g	
Protein		16.29g	
Vitamin A	209.12mcg	Vitamin C	3.59mg
Calcium	232.30mg	Iron	1.62mg

Nutrition - Per 100g

No 100g Conversion Available