

Egg and Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42663
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup		100012
EGG HRD CKD DCD IQF	3 Tablespoon		192198
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, cheese, and egg. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.750
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	18.50g		
Saturated Fat	6.50g		
Trans Fat	0.00g		
Cholesterol	205.00mg		
Sodium	720.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Total Sugar	4.00g		
Added Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	159.00mg	Iron	4.08mg

Nutrition - Per 100g

No 100g Conversion Available
