

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8279
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16W37
Cauliflower FR 9-12 CT- Graves County Schools	1/8 Cup	READY_TO_EAT	16W41
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15P30
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15N66
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P71
CHIX BRST STRP FC LRG	1 Ounce	Ready To Eat	219011
CHEESE CHED MLD SHRD FINE	1 Ounce	Ready To Eat	191043
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26
BACON CKD THN SLCD	2 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Ready to Eat	282422

Preparation Instructions

Salad Container- 108301

Place romaine and spinach in the bottom of the salad container.

Place items in the order listed below from left to right on top of the lettuce.

Cheese, Broccoli, Cauliflower, Bacon, Tomatoes, Green Peppers, Chicken, Cucumbers, Carrots

Bacon- HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP
BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

CCP: Hold for cold service at 41° F or lower.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.583
Grain	2.000
Fruit	0.000
DarkGreen	1.125
Red/Orange	0.516
OtherVeg	0.375
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	417.57
Fat	16.74g
Saturated Fat	5.36g
Trans Fat	0.02g
Cholesterol	46.67mg
Sodium	836.77mg
Carbohydrates	42.00g
Fiber	5.41g
Total Sugar	5.53g
Added Sugar	2.00g
Protein	22.41g
Vitamin A 10229.75mcg	Vitamin C 50.96mg
Calcium 266.13mg	Iron 4.72mg

Nutrition - Per 100g

No 100g Conversion Available