

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39403
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/4 Cup	Ready to eat	16L26
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/4 Cup	Ready to eat	15N66
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
CHEESE CHED SHRD	1 Ounce	Ready to Eat	199720
OLIVE RIPE SLCD BLK SPAIN	3 Each	Ready to eat	324531
BACON CKD THN SLCD	1/4 Cup		874124
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	Ready to eat	15D44
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	Ready to eat	15P30
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	16W37
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	Ready to eat	16W41
CHIX BRST TNR BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
BACON BITS IMIT	1 Tablespoon	Ready to eat	230904
PEPPERS BAN RING MILD	3 Each	Ready to eat	466220
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1/4 Each	Ready to eat	433153

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	2.000
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	429.46
Fat	20.63g
Saturated Fat	8.73g
Trans Fat	0.02g
Cholesterol	103.33mg
Sodium	929.55mg
Carbohydrates	25.78g
Fiber	7.04g
Total Sugar	6.76g
Added Sugar	1.00g**
Protein	26.15g
Vitamin A 9906.37mcg**	Vitamin C 71.77mg**
Calcium 77.71mg	Iron 4.38mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available