

Mexicali Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
CORN CUT IQF	1/8 Cup	PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	283730
CHEESE CHED SHRD	1/2 Ounce	Ready to Eat	199720
CHIP TORTL TRI- COLOR	1 Tablespoon	Ready to Eat	478765

Preparation Instructions

Container- 792220 or 146633

Cheddar Cheese- 150250

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

Meal Components

Amount Per Serving

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Meat/Meat Alternate	0.250
Grain	0.125
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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Amount Per Serving	
Calories	97.67
Fat	4.94g
Saturated Fat	3.16g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	123.40mg
Carbohydrates	8.38g
Fiber	2.03g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 4838.00mcg**	Vitamin C 9.88mg**
Calcium 19.51mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available
