

Berry Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12146
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	Ready To Eat	15D44
Baby Spinach	1 Cup	Ready To Eat	15R76
ORANGES MAND IN JCE	1/4 Cup	Ready To Eat	612448
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/4 Cup	Ready To Eat	17W87
CHIX BRST STRP FC LRG	1 1/2 Ounce	Ready To Eat	219011
DRIED CRANBERRIES PREM	1/8 Cup	Ready To Eat	741950
BLUEBERRY	1/4 Cup	Ready To Eat	451690
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Description	Measurement	Prep Instructions	DistPart#
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702

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.

Blueberries, Strawberries, Chicken, Mandarin Orange, Craisins, Mozzarella Cheese

Breadstick- THAW & SERVE FOR 1-2 HOURS. HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.375
Grain	2.000
Fruit	1.010
DarkGreen	1.000
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	442.18
Fat	20.88g
Saturated Fat	1.63g
Trans Fat	0.00g
Cholesterol	41.25mg
Sodium	659.14mg
Carbohydrates	65.60g
Fiber	4.41g
Total Sugar	24.06g
Added Sugar	12.80g
Protein	44.11g
Vitamin A 4114.23mcg	Vitamin C 26.65mg
Calcium 102.72mg	Iron 3.63mg

Nutrition - Per 100g

No 100g Conversion Available