

# Mexicali Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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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<b>Meat/Meat Alternate</b>	0.250
<b>Grain</b>	0.125
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

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**No 100g Conversion Available**

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