

Chef Salad w/ Ham

Servings:	20.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55864
School:	The Grind		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	48 4/5 Ounce		100187
LETTUCE ROMAINE	20 Cup		305812
Baby Carrots	2 2/5 Ounce		812540
Cucumber	80 Slice	BAKE	16P98
Grape Tomato	60 Each		372410
CHEESE MOZZ SHRD	5 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
Cheddar Cheese shredded	5 Ounce		150250

Preparation Instructions

- Step 1: Thaw ham in the refrigerator
- Step 2: Mix mozzarella and cheddar cheese together, set in a cooler
- Step 3: Clean and chop lettuce
- Step 4: Clean carrots and shred
- Step 5: Clean cucumbers and slice
- Step 6: Clean grape tomatoes
- Step 7: Place 1 Cup of lettuce in the salad container, and place a sprinkle of shredded carrots on top
- Step 8: Place 4 cucumber slices on the side of the salad
- Step 9: Place 3 grape tomato on the side of the salad
- Step 10: Place .5 oz of mixed cheeses on top of the salad
- Step 11: Bake croutons according to recipe directions
- Step 12: Serve salad with croutons and a choice of dressing

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	1.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	123.61
Fat	5.65g**
Saturated Fat	2.93g
Trans Fat	0.00g
Cholesterol	40.02mg
Sodium	517.52mg
Carbohydrates	9.86g
Fiber	1.08g
Total Sugar	5.65g
Added Sugar	0.00g**
Protein	13.55g
Vitamin A 35.70mcg**	Vitamin C 11.79mg**
Calcium 70.11mg	Iron 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available