

Chef Salad with Muffin & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
EGG HARD CKD PLD DRY PK	1 Each	Cut into half	730851
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	USDA Brown Box---If Brown Box isn't available use GFS#861950	100012
MUFFIN BLUEB WGRAIN IW	1 Each	Or use GFS#557991	557970
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Place lettuce in container and layer other ingredients (cucumbers, tomato, cheese, and egg) on top. Place muffin and package of Goldfish in contain.

Offer dressing on side

Keep refrigerated

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.750
Grain	2.000
Fruit	0.000
DarkGreen	0.750
Red/Orange	0.250
OtherVeg	0.250
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	475.65
Fat	20.63g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	235.00mg
Sodium	562.25mg
Carbohydrates	51.50g
Fiber	4.15g
Total Sugar	20.00g
Added Sugar	16.00g
Protein	19.90g
Vitamin A 27.30mcg	Vitamin C 0.73mg
Calcium 106.91mg	Iron 2.78mg

Nutrition - Per 100g

No 100g Conversion Available