

Turkey Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-57769 |
| School: | Tri-County Jr./Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|----------------------------------------------------------------------------|------------|
| LETTUCE ROMAINE RIBBONS | 2 Cup | | 451730 |
| TURKEY BRST DELI 40 COMM | 1 3/4 Ounce | USDA Brown Box Commodity--Weight--Diced | 110550 |
| Cheese, Cheddar Reduced fat, Shredded | 1/4 Cup | 1 ounce weight or 1/4 cup | 100012 |
| CUCUMBER SELECT | 1/8 Cup | 5 slices | 418439 |
| TOMATO GRAPE SWT | 1/8 Cup | 5 each | 129631 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Package | Can also sub in Goldfish Crackers (GFS#745481, GFS#112702, and GFS#736280) | 282422 |
| CROUTON CHS GARL WGRAIN | 2 Package | READY_TO_EAT Ready to use. | 661022 |

Preparation Instructions

Place lettuce in bottom of container and layer diced turkey, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 1.9.26

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 1.000 |
| Red/Orange | 0.125 |
| OtherVeg | 0.125 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

| Amount Per Serving | |
|----------------------------|-------------------------|
| Calories | 386.53 |
| Fat | 15.71g |
| Saturated Fat | 6.09g |
| Trans Fat | 0.00g |
| Cholesterol | 50.63mg |
| Sodium | 945.13mg |
| Carbohydrates | 39.39g |
| Fiber | 3.34g |
| Total Sugar | 4.78g |
| Added Sugar | 2.00g |
| Protein | 25.05g |
| Vitamin A 404.04mcg | Vitamin C 6.79mg |
| Calcium 156.84mg | Iron 2.89mg |

Nutrition - Per 100g

| | |
|----------------------------|-------------------------|
| Calories | 389.57 |
| Fat | 15.84g |
| Saturated Fat | 6.14g |
| Trans Fat | 0.00g |
| Cholesterol | 51.02mg |
| Sodium | 952.56mg |
| Carbohydrates | 39.70g |
| Fiber | 3.36g |
| Total Sugar | 4.82g |
| Added Sugar | 2.02g |
| Protein | 25.25g |
| Vitamin A 407.22mcg | Vitamin C 6.84mg |
| Calcium 158.08mg | Iron 2.91mg |