

Turkey Chef Salad w/ Cheez-it® & Croutons

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	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	451730
TURKEY BRST DELI 40 COMM	1 3/4 Ounce	110550
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
CUCUMBER SELECT	1/8 Cup	418439
TOMATO GRAPE SWT	1/8 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
CROUTON CHS GARL WGRAIN	2 Package	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