

# Ham Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57768
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
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 ham, 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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	363.19
<b>Fat</b>	15.58g
<b>Saturated Fat</b>	6.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.44mg
<b>Sodium</b>	888.62mg
<b>Carbohydrates</b>	40.35g
<b>Fiber</b>	3.34g
<b>Total Sugar</b>	5.80g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	20.33g
<b>Vitamin A</b> 404.04mcg	<b>Vitamin C</b> 6.79mg
<b>Calcium</b> 156.84mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	427.03
<b>Fat</b>	18.31g
<b>Saturated Fat</b>	7.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.20mg
<b>Sodium</b>	1044.82mg
<b>Carbohydrates</b>	47.44g
<b>Fiber</b>	3.92g
<b>Total Sugar</b>	6.82g
<b>Added Sugar</b>	2.35g
<b>Protein</b>	23.90g
<b>Vitamin A</b> 475.06mcg	<b>Vitamin C</b> 7.98mg
<b>Calcium</b> 184.41mg	<b>Iron</b> 3.39mg