

Ham 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-57768
School:	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

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	363.19
Fat	15.58g
Saturated Fat	6.02g
Trans Fat	0.00g
Cholesterol	38.44mg
Sodium	888.62mg
Carbohydrates	40.35g
Fiber	3.34g
Total Sugar	5.80g
Added Sugar	2.00g
Protein	20.33g
Vitamin A 404.04mcg RAE	Vitamin C 6.79mg
Calcium 156.84mg	Iron 2.89mg

Nutrition - Per 100g

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