

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/16 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE SWT	3 Each		129631
CUCUMBER SLCD 1/4IN	1/8 Cup	1/8 cup = 2 slices of cucumber	329517
TURKEY BRST SLCD WHT 1/2Z	3 Slice	75 ounces or 4 5/8 pounds	244190
TURKEY HAM UNCURED	3 Slice	114 ounces or 7 1/8 pounds	690041
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each	Cut In Half	433153
Homemade Croutons	1/4 Cup	1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice 2. Melt 1/4 cup of butter and pour into a large mixing bowl. 3. Toss all of your bread cubes from all of your cubed bread into your melted butter 4. Add 2 tsp of garlic seasoning and mix together well 5. Place bread cubes on a single layer on a baking sheet (not to close to each other) and bake at 375 for 7-12 mins oven times may vary 6. Bake until golden brown and slightly crisp. 7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.	R-51562
CARROT BABY WHL PETITE	3/13 Pound		768146
APPLE FRSH SLCD	1 Package	N/A	473171

Preparation Instructions

1. add 2 cups chopped romaine lettuce to your grab & go container

2. add 1/4 c of cheese on top of romaine
3. take 3 slices of turkey & 3 slices of ham for each salad and roll up each slice individually , then slice each roll of lunch meat into 3 pieces
4. place each sliced lunch meat roll on top of one each other on top of shredded cheese
5. add 3 grape tomatoes & 2 cucumber slices
6. cut 1 egg in half and place on top
7. garnish with 1/4 cup homemade croutons and provide rolls on line to go with grab and go salad for dressing options have , French ranch and Italian available.
8. add 3/4 c bag carrots to grab and go box along with 1 bag of sliced apples

Updated JSH 7.28.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	5.000
Grain	1.000
Fruit	0.500
DarkGreen	1.000
Red/Orange	0.750
OtherVeg	0.000
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	437.71
Fat	22.72g
Saturated Fat	10.81g
Trans Fat	0.00g
Cholesterol	280.58mg
Sodium	801.55mg
Carbohydrates	26.16g
Fiber	5.90g
Total Sugar	15.35g
Added Sugar	1.62g
Protein	32.85g
Vitamin A 756.80mcg RAE	Vitamin C 32.52mg
Calcium 310.94mg	Iron 2.03mg

Nutrition - Per 100g

Calories	137.67
Fat	7.15g
Saturated Fat	3.40g
Trans Fat	0.00g
Cholesterol	88.25mg
Sodium	252.11mg
Carbohydrates	8.23g
Fiber	1.86g
Total Sugar	4.83g
Added Sugar	0.51g
Protein	10.33g
Vitamin A 238.04mcg RAE	Vitamin C 10.23mg
Calcium 97.80mg	Iron 0.64mg