

# Chef Salad

<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-6827
<b>School:</b>	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

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

## Nutrition - Per 100g

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