

# Chef Salad - HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54258
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
TURKEY BRST DCD	1 1/2 Ounce		451300
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE	1/4 Cup		802040
CARROT BABY WHL PETITE	1/4 Cup		768146
CUCUMBER SELECT	1/4 Cup		418439
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	2.000
<b>Red/Orange</b>	0.176
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	371.63
<b>Fat</b>	14.92g
<b>Saturated Fat</b>	4.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.44mg
<b>Sodium</b>	1101.87mg
<b>Carbohydrates</b>	40.42g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.39g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	21.93g
<b>Vitamin A</b> 27.30mcg RAE**	<b>Vitamin C</b> 0.73mg**
<b>Calcium</b> 133.04mg	<b>Iron</b> 3.25mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	283.45
<b>Fat</b>	11.38g
<b>Saturated Fat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.99mg
<b>Sodium</b>	840.42mg
<b>Carbohydrates</b>	30.83g
<b>Fiber</b>	1.53g
<b>Total Sugar</b>	4.11g
<b>Added Sugar</b>	1.53g
<b>Protein</b>	16.72g
<b>Vitamin A</b> 20.82mcg RAE**	<b>Vitamin C</b> 0.56mg**
<b>Calcium</b> 101.47mg	<b>Iron</b> 2.48mg

\*\*One or more nutritional components are missing from at least one item on this recipe.