

Ham Chef Salad w/ Goldfish & Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40137
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	USDA Brown Box Commodity--If commodity not available use GFS#150250	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight--USDA Brown Box Commodity--Thaw	100188-H
Assorted Muffin	1 Each		R-31227
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Updated 5.20.26

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	430.49
Fat	18.46g
Saturated Fat	6.98g
Trans Fat	0.05g
Cholesterol	54.63mg
Sodium	766.50mg
Carbohydrates	50.71g
Fiber	3.25g
Total Sugar	18.23g
Added Sugar	14.25g
Protein	19.65g
Vitamin A 3.60mcg RAE	Vitamin C 0.01mg
Calcium 61.01mg	Iron 1.67mg

Nutrition - Per 100g

Calories	607.44
Fat	26.05g
Saturated Fat	9.85g
Trans Fat	0.07g
Cholesterol	77.09mg
Sodium	1081.55mg
Carbohydrates	71.55g
Fiber	4.59g
Total Sugar	25.72g
Added Sugar	20.11g
Protein	27.72g
Vitamin A 5.08mcg RAE	Vitamin C 0.02mg
Calcium 86.08mg	Iron 2.35mg