

Caesar Side Salad

Servings:	135.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18695
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	18 Pound	6 pounds per pan	153121
CHEESE PARM SHVD	3 Pound	1 pound per pan	140560
DRESSING CAESAR	1 Gallon	5 1/3 cups per pan	818201
CROUTON MULTIGR CHS GARL	2 Pound	Approximately 5 1/2 cups per pan--- ***Non-Whole Grain***	748510

Preparation Instructions

Divide ingredients among 3 pans.

Each pan provides 45, 1 cup servings.

Updated 5.22.2026

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	184.02
Fat	15.17g
Saturated Fat	3.67g
Trans Fat	0.00g
Cholesterol	18.36mg
Sodium	456.05mg
Carbohydrates	9.07g
Fiber	1.19g
Total Sugar	2.13g
Added Sugar	0.95g
Protein	5.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 113.83mg	Iron 0.43mg

Nutrition - Per 100g

Calories	176.74
Fat	14.57g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	17.63mg
Sodium	438.01mg
Carbohydrates	8.72g
Fiber	1.14g
Total Sugar	2.05g
Added Sugar	0.91g
Protein	5.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.33mg	Iron 0.41mg