

# Chicken Bacon Salad

<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-42658
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
BACON TOPPING CKD 1/2IN DCD	2 Tablespoon		814781
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, chicken, cheese, and bacon. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

## 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>	0.500
<b>Red/Orange</b>	0.000
<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 Each

Amount Per Serving	
<b>Calories</b>	433.33
<b>Fat</b>	17.67g
<b>Saturated Fat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.83mg
<b>Sodium</b>	875.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	31.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 3.58mg

## Nutrition - Per 100g

<b>Calories</b>	263.78
<b>Fat</b>	10.75g
<b>Saturated Fat</b>	3.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.07mg
<b>Sodium</b>	532.63mg
<b>Carbohydrates</b>	21.51g
<b>Fiber</b>	1.22g
<b>Total Sugar</b>	1.83g
<b>Added Sugar</b>	1.22g
<b>Protein</b>	19.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 81.57mg	<b>Iron</b> 2.18mg