

# Salad Bar Grains

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38088

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package	Equals 1.25 Grain Equivalents	105260
CHIP GARDEN SALSA	1 Package	Equals 1.25 Grain Equivalents	696900
CHIP COOL RNCH REDC FAT	1 Package	Equals 1.50 Grain Equivalents	541502
CHIP NACHO REDC FAT	1 Package	Equals 1.50 Grain Equivalents	456090
CHIP SPCY SWT REDC	1 Package	Equals 1.50 Grain Equivalents	788670
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Equals 1.00 Grain Equivalents	282422
Whole Grain Veggie Crispy Crackers	1 Each	Equals 1.00 Grain Equivalents	76301
DOUGH ROLL DNNR WGRAIN	1 Each	Equals 1.75 Grain Equivalents	152131
CROUTON CHS GARL WGRAIN	2 Package	Two packages equals 1.00 Grain Equivalents	661022

## Preparation Instructions

Note: Students should be allowed to take 2 of the listed grain items to equal 2 oz Grain Equivalents with each salad meal.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	126.67
<b>Fat</b>	4.50g
<b>Saturated Fat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	174.44mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	2.11g
<b>Total Sugar</b>	1.11g
<b>Added Sugar</b>	0.67g
<b>Protein</b>	2.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.78mg	<b>Iron</b> 0.69mg

## Nutrition - Per 100g

<b>Calories</b>	2298.85
<b>Fat</b>	81.67g
<b>Saturated Fat</b>	10.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3165.96mg
<b>Carbohydrates</b>	344.83g
<b>Fiber</b>	38.31g
<b>Total Sugar</b>	20.17g
<b>Added Sugar</b>	12.10g
<b>Protein</b>	48.40g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 558.58mg	<b>Iron</b> 12.46mg