

Salad Line: Turkey Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38076
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	6 Slice	Cut/Dice cooked slices and place into individual containers	834770
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	

Preparation Instructions

Bacon: Cook CONVECTIN OVEN: Preheat to 350 degrees. 16 slices of bacon on cookie sheet in single layer. Heat for 1-2 minutes. The bacon will get crisper the longer it is heated. Remove and cool so that can be broken up/diced into smaller pieces.

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put bacon container cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	153.12
Fat	8.57g
Saturated Fat	2.14g
Trans Fat	0.00g
Cholesterol	37.51mg
Sodium	683.30mg
Carbohydrates	5.63g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	1.07g
Protein	12.22g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.70mg

Nutrition - Per 100g

Calories	296.52
Fat	16.60g
Saturated Fat	4.15g
Trans Fat	0.00g
Cholesterol	72.63mg
Sodium	1323.20mg
Carbohydrates	10.89g
Fiber	3.81g
Total Sugar	6.17g
Added Sugar	2.08g
Protein	23.66g
Vitamin A 725.89mcg RAE	Vitamin C 11.94mg
Calcium 52.77mg	Iron 1.35mg