

Salad Line: Turkey Ham Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38074
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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)	
TURKEY HAM DCD	2 Ounce	Weight. Portion into individual cup	202150

Preparation Instructions

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 ham 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	1.250
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	97.62
Fat	3.32g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	36.54mg
Sodium	337.84mg
Carbohydrates	5.63g
Fiber	1.97g
Total Sugar	3.19g
Added Sugar	0.00g
Protein	10.80g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.79mg

Nutrition - Per 100g

Calories	125.22
Fat	4.26g
Saturated Fat	1.28g
Trans Fat	0.00g
Cholesterol	46.88mg
Sodium	433.35mg
Carbohydrates	7.22g
Fiber	2.53g
Total Sugar	4.09g
Added Sugar	0.00g
Protein	13.86g
Vitamin A 480.82mcg RAE	Vitamin C 7.91mg
Calcium 34.95mg	Iron 1.01mg