

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28742
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup	2 cups	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1/4 cup or 1 ounce weight USDA Brown Box or use GFS#150250	100012
Ham, Cubed Frozen	1 1/4 Ounce	Weight USDA Brown Box	100188-H
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
MUFFIN BLUEBERRY IW	1 Each		273442
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

1. Cheese and ham put into individual portion cups.
2. Lettuce placed in clamshell with ham cup, cheese cup, and 1 package of croutons.
CCP: To be held at 41°F or below.
3. Salad should be served with muffin and goldfish cracker on the side.

Updated 10.27.23

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	1.000
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	452.91
Fat	18.05g
Saturated Fat	6.02g
Trans Fat	0.00g
Cholesterol	58.44mg
Sodium	882.70mg
Carbohydrates	55.05g
Fiber	2.00g
Total Sugar	16.02g
Added Sugar	14.00g
Protein	20.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 78.00mg	Iron 3.70mg

Nutrition - Per 100g

Calories	710.00
Fat	28.29g
Saturated Fat	9.44g
Trans Fat	0.00g
Cholesterol	91.62mg
Sodium	1383.77mg
Carbohydrates	86.30g
Fiber	3.14g
Total Sugar	25.12g
Added Sugar	21.95g
Protein	31.55g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 122.28mg	Iron 5.80mg