

Side Chef Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52655
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE AMER SHRD R/F	1/8 Cup	2 TBSP or 1 Fluid Ounce Spoodle	861950
Ham, Cubed Frozen	1/8 Cup	USDA Brown Box Commodity 2 TBSP or 1 Fluid Ounce Spoodle	100188-H

Preparation Instructions

In cup place 1 cup of lettuce and then 1/8 cup of cheese and 1/8 cup of Diced Ham

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	71.63
Fat	3.70g
Saturated Fat	1.98g
Trans Fat	0.00g
Cholesterol	20.08mg
Sodium	402.62mg
Carbohydrates	4.40g
Fiber	1.00g
Total Sugar	2.20g
Added Sugar	0.00g
Protein	8.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 116.88mg	Iron 0.00mg

Nutrition - Per 100g

Calories	303.66
Fat	15.70g
Saturated Fat	8.40g
Trans Fat	0.00g
Cholesterol	85.10mg
Sodium	1706.72mg
Carbohydrates	18.67g
Fiber	4.24g
Total Sugar	9.33g
Added Sugar	0.00g
Protein	34.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 495.46mg	Iron 0.00mg