

# Side Chef Salad

|                      |                                      |                       |                   |
|----------------------|--------------------------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 1.00                                 | <b>Category:</b>      | Vegetable         |
| <b>Serving Size:</b> | 1.00 Each                            | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-52655           |
| <b>School:</b>       | 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<br>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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 1.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.500 |
| <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: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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