

Salad Bar- South Side

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11812
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	3 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
DRESSING RNCH ORIG PKT	2 Ounce		554693
BACON TKY CKD	7/10 Ounce		834770
PEPPERS BAN RING MILD	1/4 Cup		466220
BROCCOLI FLORET BITE SIZE	1/4 Cup		732451
CARROT BABY WHL PETITE	1/4 Cup		768146
CAULIFLOWER BITE SIZE	1/4 Cup		732486
CHIX DCD 1/2" WHT CKD	2 Ounce		599697
SAUCE HOT REDHOT ORG	1 Tablespoon		282944
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CUCUMBER SUPER SELECT	1/4 Cup		198587
EGG HRD CKD DCD IQF	1 Ounce		192198
EDAMAME SHELLED SOYBEANS	1 Ounce	N/A	147270
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
PEPPERS GREEN LRG	1/4 Cup		592315
MUSHROOM LRG XFCY	1/4 Cup		285188
OLIVE RIPE SLCD BLK SPAIN	1/4 Cup		324531
OLIVE GRN STFD MANZ W/PIM	1/4 Cup		485624
ONION RED JUMBO	1 Ounce		596973

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	1/4 Cup		283760
TOMATO 5X6 XL	1/4 Cup		438197

Preparation Instructions

Updated 1.16.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	6.104
Grain	0.500
Fruit	0.000
DarkGreen	0.644
Red/Orange	0.367
OtherVeg	1.399
Beans, Peas, and Lentils	0.379
Starchy	0.093

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	740.74
Fat	37.07g
Saturated Fat	12.65g
Trans Fat	0.00g
Cholesterol	521.22mg
Sodium	1680.62mg
Carbohydrates	32.98g
Fiber	8.61g
Total Sugar	10.65g
Added Sugar	1.35g
Protein	48.22g
Vitamin A 1399.40mcg RAE	Vitamin C 78.15mg
Calcium 182.75mg	Iron 6.99mg

Nutrition - Per 100g

Calories	279.91
Fat	14.01g
Saturated Fat	4.78g
Trans Fat	0.00g
Cholesterol	196.95mg
Sodium	635.06mg
Carbohydrates	12.46g
Fiber	3.25g
Total Sugar	4.03g
Added Sugar	0.51g
Protein	18.22g
Vitamin A 528.79mcg RAE	Vitamin C 29.53mg
Calcium 69.06mg	Iron 2.64mg