

# Ham Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28742
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	1.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	452.91
<b>Fat</b>	18.05g
<b>Saturated Fat</b>	6.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.44mg
<b>Sodium</b>	882.70mg
<b>Carbohydrates</b>	55.05g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	16.02g
<b>Added Sugar</b>	14.00g
<b>Protein</b>	20.12g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 78.00mg	<b>Iron</b> 3.70mg

## Nutrition - Per 100g

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