

# Turkey Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33337
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL	<b>Grams Per Serving:</b>	21.66

## Ingredients

Description	Measurement	DistPart #
Croutons	4/5 Ounce	R-33295
Turkey Breast Deli	3 1/4 ounces	100121
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Each	282422
SAUCE RNCH DIPN CUP	2 Each	182265

## Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.500
<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>	586.37
<b>Fat</b>	35.69g
<b>Saturated Fat</b>	10.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.23mg
<b>Sodium</b>	1507.34mg
<b>Carbohydrates</b>	38.29g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	3.50g
<b>Protein</b>	27.40g
<b>Vitamin A</b> 749.70mcg RAE	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 239.50mg	<b>Iron</b> 2.48mg

## Nutrition - Per 100g

<b>Calories</b>	2707.14
<b>Fat</b>	164.76g
<b>Saturated Fat</b>	47.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	425.82mg
<b>Sodium</b>	6959.11mg
<b>Carbohydrates</b>	176.80g
<b>Fiber</b>	18.47g
<b>Total Sugar</b>	32.32g
<b>Added Sugar</b>	16.16g
<b>Protein</b>	126.48g
<b>Vitamin A</b> 3461.22mcg RAE	<b>Vitamin C</b> 56.93mg
<b>Calcium</b> 1105.73mg	<b>Iron</b> 11.43mg