

Turkey Chef Salad

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

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

Nutrition - Per 100g

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