

Meatless Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	50.01

Ingredients

Description	Measurement	DistPart #
SEED SUNFLWR KERN	1 Ounce	504180
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	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 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265
Croutons	4/5 Ounce	R-33295

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	2.000
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	696.90
Fat	51.10g
Saturated Fat	13.25g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1167.50mg
Carbohydrates	42.75g
Fiber	6.00g
Total Sugar	8.00g
Added Sugar	3.50g
Protein	18.00g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 359.00mg	Iron 3.88mg

Nutrition - Per 100g

Calories	1393.52
Fat	102.18g
Saturated Fat	26.49g
Trans Fat	0.00g
Cholesterol	99.98mg
Sodium	2334.53mg
Carbohydrates	85.48g
Fiber	12.00g
Total Sugar	16.00g
Added Sugar	7.00g
Protein	35.99g
Vitamin A 1499.10mcg RAE	Vitamin C 24.66mg
Calcium 717.86mg	Iron 7.75mg