

Harvest Spinach Apple Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49402

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	209244
LETTUCE ROMAINE CHOP	100 Cup	735787
SPINACH LEAF FLAT CLND	100 Cup	329401
APPLE FRSH SLCD	100 Package	473171
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup	150250
CRANBERRY DRIED SWTND	6 1/4 Cup	350882
CRACKER CHEEZ-IT WGRAIN IW	100 Each	282422
Croutons	80 Ounce	R-33295

Preparation Instructions

1. Bake chicken according to directions.
2. Cut the chicken into 1/2 inch slices, then refrigerate, allowing the chicken to chill.
3. Wash Romaine lettuce.
4. Dice apples into 1/2 inch cubes and soak in a combination of lemon juice and water to keep from discoloring.
5. Arrange the desired number of containers on the prep table.
6. Drain the apples, place them on a sheet tray, and allow them to air dry.
7. Combine the romaine and the spinach in a bowl and hand-mix, using gloves.
8. Portion 2 cups of the salad mixture into each serving container.
9. Arrange 3.10 ounce weight of diced chicken, 1 Tbsp shredded cheddar cheese, 1 Tbsp dried cranberries, and 2 oz (weight) of diced apples on each salad.
10. Add 0.80 oz. weight croutons= 1 oz. eq. whole grain and cheez-it to each container.
10. Cover and refrigerate until service. CCP: Hold for cold service at 41 degrees F or below.

Updated 7.29.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.500
DarkGreen	1.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	397.65
Fat	11.95g
Saturated Fat	4.25g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	961.50mg
Carbohydrates	48.35g
Fiber	5.95g
Total Sugar	18.25g
Added Sugar	3.50g
Protein	21.90g
Vitamin A 2800.00mcg RAE	Vitamin C 28.40mg
Calcium 230.75mg	Iron 3.03mg

Nutrition - Per 100g

Calories	1835.87
Fat	55.17g
Saturated Fat	19.62g
Trans Fat	0.00g
Cholesterol	265.47mg
Sodium	4439.06mg
Carbohydrates	223.22g
Fiber	27.47g
Total Sugar	84.26g
Added Sugar	16.16g
Protein	101.11g
Vitamin A 12927.05mcg RAE	Vitamin C 131.12mg
Calcium 1065.33mg	Iron 13.99mg