

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	128.99

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
Homemade Croutons	4/5 Ounce	
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

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	523.32
Fat	33.35g
Saturated Fat	9.05g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1407.91mg
Carbohydrates	40.35g
Fiber	4.00g
Total Sugar	9.05g
Added Sugar	2.00g
Protein	20.25g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

Nutrition - Per 100g

Calories	405.71
Fat	25.85g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	51.85mg
Sodium	1091.49mg
Carbohydrates	31.28g
Fiber	3.10g
Total Sugar	7.02g
Added Sugar	1.55g
Protein	15.70g
Vitamin A 581.21mcg RAE	Vitamin C 9.56mg
Calcium 108.54mg	Iron 1.53mg