

Mt. Lebanon Chef Salad, Grab and Go, 2 MMA., .75 G-Veg, 1/4 RO-Veg, 1/8 O-Veg, 1 Non-WG (LR100004)

HACCP Process: Process 1: No Cook
 Allergens: Contains Gluten, Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA, 3/4 Veg-DG, 1/4 Veg-RO
 Number of Servings: 1.00 Serving Size: 1 Container
 Moisture gain/loss%: 0.0000 Yield: 11 7/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				UV Lettuce, Romaine, Chopped, Fresh, Cross Valley Farms, 020306, Veg-DG SI100030	1 1/2 Cup (1/2 G-Veg)
				Lettuce, Mix, Iceberg with Red Cabbage Carrot, Bag, Cross Valley Farms, 6332308, Veg-O SI100031	1 1/2 cup (washed)
				Tomatoes, red, ripe, raw, year round average 11529	1/8 cup, chopped or sliced
				Cucumber, peeled, raw 11206	1/8 cup, sliced
				Turkey, Deli Style Turkey Ham, Jennie-O Turkey Store, 8028, MMA SI100148	1/2 Ounce serving
				UV Turkey, Blue Ribbon Oven Roasted Turkey Breast - Reduced Sodium, Jennie-O Turkey Store, 8364-02, MMA SI100145	1/2 Ounce
				Cheese, American, Sliced 160 Count, Processed Yellow, Glenview Farms, MMA SI100043	1/2 Ounce
				Egg, Hardcooked, Diced Whole, Frozen, Glenview Farms, 828905 / 610724, MMA SI100119	1/2 egg
				Bread, Dinner Roll, 16 Split Top 8 Grain, Nickles, Non-WG SI100059	1 Each
				Carrots, raw 11124	1/8 cup strips or slices

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				MDC Bread, Dinner Roll, Hearth Baked, Bake Crafters, 4010, WG S1100097	32 Gram

Preparation Instructions

- Place 3 cups combination of romaine and salad mix in 24 ounce square container.
- Place 2 tomato wedges in side of container.
- Place 2 slices cucumber in side of container.
- Place one 1/2 ounce strip of turkey in side of container.
- Place one 1/2 ounce strip of ham in side of container.
- Place one 1/2 ounce strip of American cheese in side container.
- Place two egg wedges in side of container.
- Wrap dinner roll in saran and place in side of bowl.
- Place two carrot sticks in side of container.

Serving Instructions

- Use a 24 ounce container

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	25.50	11.04	50.92	23.15	10.250

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
89.111	2.524	1.093	0(M)	39.115	234.827	11.343	1.605	2.283(M)	5.157	0.812	60.619	2935.2	8.54	14.7(M)	0.224(M)

Nutrients per serving (334.15 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
297.765	8.435	3.652	0(M)	130.703	784.673	37.904	5.362	7.63(M)	17.233	2.712	202.557	9807.98	28.538	49.12(M)	0.749(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.