

Recipe Prep Sheet

DUNLAP CUSD #323

203 - CHEF SALAD H.S.

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: CHEF SALAD

Ingredient #	Ingredient Description	Measurements
011251	LETTUCE,COS OR ROMAINE,RAW	2 CUP, shredded
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	3 cherry
990968	CARROTS, BABY-CUT, FRESH, PEELED	1/8 OZ
011333	PEPPERS,SWEET,GREEN,RAW	1/8 CUP, sliced
011205	CUCUMBER,WITH PEEL,RAW	1/8 CUP, slices
990963	BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI	1/4 CUP
990942	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/4 OZ
990974	CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED	1/4 OZ
360901	HAM,CKD,FROZEN,95% FAT FREE-COMMODITY	3/4 oz
990983	TURKEY, BREAST, DELI-STYLE, COOKED	3/4 OZ
902878	TORTILLA CHIPS, CORN,12/16z, 1.25G,BAR OF FUN	2 oz

*Nutrients are based upon 1 Portion Size (CHEF SALAD)

Calories ¹	463.408 kcal	Total Fat	21.031 g	Total Dietary Fiber	9.651 g	Vitamin C	23.967 mg	40.845% Calories from Total Fat
Saturated Fat ¹	5.185 g	Trans Fat ²	*0.000* g	Protein	19.393 g	Iron	4.015 mg	10.069% Calories from Sat Fat
Sodium ¹	818.860 mg	Cholesterol	34.750 mg	Vitamin A	9286.339 IU	Water	*160.316* g	*0.000%* Calories from Trans Fat
Sugars	*2.953* g	Carbohydrate	56.830 g	Calcium	207.227 mg	Ash	*N/A* g	49.054% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.739% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	1.75 cup	Milk	cup
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.