

# Recipe Prep Sheet

American Dairy Association North East

## 990061 - Chef Salad Plate

Recipe HACCP Process: #1 No Cook  
 Source: DSB  
 Number of Portions: 50  
 Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
990389	Cherry Tomatoes	4 1/4 LB	No Instructions Assigned
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	4 3/4 gal, shredded	<p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p><b>CCP:</b> Refrigerate until served.</p> <p>After preparing all ingredients as directed,assemble salad in 3 compartment salad box as follows:</p> <p>Lettuce topped with 3 cherry tomatoes,6 cucumber slices,4 baby carrots,3 pepper rings,1 Tbsp garbanzo beans,Place turkey rolls or diced turkey next,add the shredded cheese 2 Tbsp. In a smaller compartment,add the 1/4 cup of croutons,and in the other compartment add the dinner roll. Serve with 2 oz of the ranch dressing.</p>
011205	CUCUMBER,WITH PEEL,RAW	5 3/4 LB	
011960	CARROTS,BABY,RAW	7 3/4 LB	
011333	PEPPERS,SWEET,GREEN,RAW	150 rings (3" dia x 1/4")	
000801	BEANS GARBANZO ,CANNED	1 1/2 #10 Can	
990356	TURKEY ROAST, BONELESS	150 .5 oz slices	
051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde	3 LB + 2 OZ	
051713	RANCH DRESSING	3 qt + 4 oz	
018243	CROUTONS,SEASONED	12 1/2 CUP	
121341	Dinner Rolls, Whole Grain	50 Dinner Roll	

\*Nutrients are based upon 1 Portion Size (EACH)

Calories <sup>1</sup>	523.656 kcal	Total Fat	14.616 g	Total Dietary Fiber	14.785 g	Vitamin C	*43.170* mg	25.119% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.116 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	30.169 g	Iron	*5.482* mg	10.511% Calories from Sat Fat
Sodium <sup>1</sup>	1717.256 mg	Cholesterol	45.591 mg	Vitamin A	*10509.578* IU	Water	*315.690* g	*0.000%* Calories from Trans Fat
Sugars	*12.614* g	Carbohydrate	69.902 g	Calcium	*201.880* mg	Ash	*N/A* g	53.395% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.045% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	1.5 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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.