



# Sizing Prep Report

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
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	4 1/2 gal + 3 cup (chop(1/2"pcs,lose pkd)	<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>
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	150 cherry	
011205	CUCUMBER,WITH PEEL,RAW	1 qt + 2 1/4 CUP (slices)	
011960	CARROTS,BABY,RAW	9 LB + 6 oz	
011333	PEPPERS,SWEET,GREEN,RAW	150 rings (3" dia x 1/4")	
000801	BEANS GARBANZO ,CANNED	3 1/8 CUP	
990356	TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RST	4 LB + 11 oz	
051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde	1 LB + 9 OZ	
051713	RANCH DRESSING	6 LB + 4 oz	
018243	CROUTONS,SEASONED	3 qt + 1/2 CUP	
121341	Dinner Rolls, Whole Grain, Hearth Baked, Spli	50 Dinner Roll	

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

Calories <sup>1</sup>	395.838 kcal	Total Fat	10.188 g	Total Dietary Fiber	9.288 g	Vitamin C	*37.468* mg	23.164% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.742 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	22.396 g	Iron	*4.111* mg	8.507% Calories from Sat Fat
Sodium <sup>1</sup>	1261.700 mg	Cholesterol	35.129 mg	Vitamin A	*12773.612* IU	Water	*310.517* g	*0.000%* Calories from Trans Fat
Sugars	*12.019* g	Carbohydrate	54.692 g	Calcium	*169.829* mg	Ash	*N/A* g	55.267% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.631% 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.