

Food and Nutrition Services

Recipe Instructions

E 0475L Chef Salad with Turkey w/ egg & 2 oz Flatbread MS/HS

Served by Site	Servings	Serving Size	Portion Size	Scoop
	100 Portions	high	1 salad w/ egg	
	100 Portions	middle	1 salad w/ egg	
	100 Portions	Adult/Employee	1 salad w/ egg	

Steps and Instructions

E 0475L Chef Salad with Turkey w/ egg & 2 oz Flatbread MS/HS

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
35.93%	Salad Mix 20# (#5585)	75 lb 6.349 oz	37 1/2 gal	Step 1:	Preparation
11.26%	Tomatoes, Grape Fresh (#4670)	23 lb 10 oz	4 2/3 gal + 1/3 cup	Instructions:	1. Wash cucumbers, slice into 1/4in slices. Reserve. 2. Wash grape tomatoes, reserve.
2.88%	Cucumber, Fresh 40# (#2930)	6 lb 3/4 oz	1 gal + 2 3/4 cup		3. Assemble salad as follows:
4.47%	Cheese, Sliced Swiss RF 192/.5 oz	9 lb 6 oz	300 ea		* Portion 2c. Salad Mix (~4.01oz) into salad bowl (9033023). * Garnish salad with 3 cherry/grape tomatoes and 2 cucumber slices.
13.40%	Turkey, Breast Sliced Oven Roasted 120/3.17oz=2oz	28 lb 2 oz	28 lb + 2 oz		* Arrange 1 slice of cheese and 3 slices of rolled turkey on top. * Take one hard boiled egg and slice it in half and arrange on the salad.
14.18%	Egg, Hard Cooked 8/18ct	29 lb 12.190 oz	300 Egg		4. Cover with lid (9033146).
					Have assorted salad dressings available for pick up and offer with grain featured on the menu.
					Contribution: 3.5 oz eq. M/MA, 1.25c. veggies (2 full components).
					if offered with 2 oz grain such as flatbread: 2 oz eq. M/MA, 2 oz eq. WG, 1.25 c. veggies (3 full components)
				CCP:	Holding cold foods Hold at an internal temperature below 41°F (5°C). The temperature must be checked every 4 hours or else labeled with a discard time.

E 0475L Chef Salad with Turkey w/ egg & 2 oz Flatbread MS/HS

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
17.87%	Flatbread, WG 192 / 2oz	37 lb 8 oz	300 ea	Step 2:	Flatbread
				Instructions:	Place Flatbread half in saddle bag. Reserve.
				CCP:	Holding cold foods
					Hold at an internal temperature below 41°F (5°C). The temperature must be checked every 4 hours or else labeled with a discard time.

Allergens

Milk	Wheat	Tomato
Eggs	Soybean oil	

Nutrient Data for Serving Size: Adult/Employee

Calories	364.6 kCal	Total Fat	14 g	Saturated Fat	4.5 g	Trans Fat	0 g*
Cholesterol	196.6 mg	Sodium	674.4 mg	Potassium	359.8 mg*	Carbohydrates	36 g
Total Dietary Fiber	5.9 g	Sugars	6.1 g	Protein	26.9 g	Vitamin A	10441.8 IU
Vitamin C	10 mg	Vitamin D	0 mcg*	Calcium	207.3 mg	Iron	3.3 mg
Moisture	147.1 g*	Ash	0.9 g*				

Nutrient Data for Serving Size: high

Calories	364.6 kCal	Total Fat	14 g	Saturated Fat	4.5 g	Trans Fat	0 g*
Cholesterol	196.6 mg	Sodium	674.4 mg	Potassium	359.8 mg*	Carbohydrates	36 g
Total Dietary Fiber	5.9 g	Sugars	6.1 g	Protein	26.9 g	Vitamin A	10441.8 IU
Vitamin C	10 mg	Vitamin D	0 mcg*	Calcium	207.3 mg	Iron	3.3 mg
Moisture	147.1 g*	Ash	0.9 g*				

Nutrient Data for Serving Size: middle

Calories	364.6 kCal	Total Fat	14 g	Saturated Fat	4.5 g	Trans Fat	0 g*
Cholesterol	196.6 mg	Sodium	674.4 mg	Potassium	359.8 mg*	Carbohydrates	36 g
Total Dietary Fiber	5.9 g	Sugars	6.1 g	Protein	26.9 g	Vitamin A	10441.8 IU
Vitamin C	10 mg	Vitamin D	0 mcg*	Calcium	207.3 mg	Iron	3.3 mg
Moisture	147.1 g*	Ash	0.9 g*				

E 0475L Chef Salad with Turkey w/ egg & 2 oz Flatbread MS/HS

*Indicates missing or incomplete nutrient data. A blank value indicates unknown nutrient data.