

CHEF SALAD

RSD #10, Avon, & Canton Public Schools

Yield: 1 Serving

INGREDIENTS	1 SERVING		DIRECTIONS
	WEIGHT	MEASURE	
Mixed greens		1 ½ cup	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Cube turkey and ham. Chop tomato, cucumber and green pepper. Slice egg. Using a hinged 24 oz. salad box, place lettuce in container. Mound turkey, ham, tomato and chickpeas separately in each corner of container. Place green pepper on one side and cucumber on the other side. Place sliced egg in middle. Serve with 2 dinner rolls.
Hard boiled egg***		1	
Boar's Head turkey*	1 oz.		
Boar's low sodium ham*	1 oz.		
Shredded low fat cheddar cheese	½ oz.		
Tomato, cored and wedged	4 oz.	½ cup	
Cucumber, peeled and sliced	2 oz.	¼ cup	
Green pepper, seeded, sliced	2 oz.	¼ cup	
Chickpeas, drained	2 oz.	¼ cup	
WG dinner roll**, 1 oz. equivalent WGR grain		2	
<p>Serving Size: 1 salad</p> <p>Meal Pattern Contribution: 3 Meat/Meat Alternate (½ oz. deli meats, 2 oz. egg, and ½ oz. cheese), ¾ cup Dark Green Vegetable, ½ Cup Red/Orange Vegetable, ½ Cup Other Vegetable, ¼ Cup Legume, and 2 WGR</p> <p>Allergens: Dairy, Egg</p> <p>Notes:*Deli meats vary by brand on contribution to the meat/meat alternate (m/ma) component. District meal planners must adjust the quantity of ounce equivalents of m/ma contribution to reflect the product formulation statement for the specific deli meat used. Boars Head Ham requires 2.5 oz of sliced low sodium ham to equal 1 oz m/ma. And 3.4 oz of sliced deli turkey to equal 1 oz. m/ma. Therefore each deli meat contributes ¼ oz. m/ma.</p> <p>**WG Rolls vary by brand in the contribution to the grain component. District menu planners must confirm the creditable amount of WGR grains in this with the product formulation statement for the specific brand in use.</p> <p>***1 whole egg yields 2 M/MA; ½ egg may be used to reduce total m/ma contribution</p>			<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> Hold at 40°F or lower throughout serving. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

