

HARVEST ENTRÉE SALAD WITH TURKEY

Old Saybrook Schools - 2014 - Updated 2018

Grades: K -12

Yield: 1 - 10

INGREDIENTS	1 SERVING		10 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Lettuce - romaine, green leaf and/or mesclun greens, chopped		1 cup		10 cups	<ol style="list-style-type: none"> 1. Wash hands. 2. Put on food service gloves. <p>Cooking Instructions:</p> <ol style="list-style-type: none"> 3. Mix roasted butternut squash or sweet potatoes, deli turkey, raisins, sunflower seeds, celery and mayo together. 4. Fill 8 x 8 oz clamshell with 1 cup mixed greens. Top with 1 cup mixture.
Roasted butternut squash or sweet potatoes		½ cup		5 cups	
Deli turkey, USDA or commercial, diced*	3.18 oz*		2 lb.*		
Dried raisins	.5 oz	1/8 cup	5 oz	1 1/4 cups	
Sunflower seeds	.5 oz	2 Tbsp	5 oz	1 1/4 cups	
Celery, washed and diced		1/8 cup		1 1/4 cups	
Low fat mayonnaise		1 Tbsp		10 Tbsp	
<p>Serving Size: 1 salad Meal Contribution: ½ cup leafy green vegetable, ½ cup Red/Orange Vegetable, ⅓ cup Other Vegetable, ⅓ cup Fruit, 2 oz. meat/meat alternate, NOTES: * Based on USDA Foods product. Other turkey products may contribute differently; district meal planner must adjust quantity of ounce equivalents of meat/meat alternate contribution to reflect the product formulation statement for the specific turkey product used. Sunflower seeds contribute ½ oz of the meat/meat alternate ounce equivalents contribution.</p>					<p>Serving instructions:</p> <ol style="list-style-type: none"> 1. Serve at 40°F or lower. 2. Check temperature throughout service. If above 40°F, chill until 40°F or lower. <p>Add a dinner roll or other 2 gr. equiv. bread and a choice of 8 oz. milk to complete the meal.</p>

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.

