

Quest Food Management

000508 - salad- turkey&cheese chop : nslp tinley	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 1.5 cup Milk:	

Ingredients	Measures	Instructions
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	6 1/4 GALS (AP Mix)	
901993 turkey breast cooked skin on 315974.....	4 lbs + 11 ozs	
990095 cheese cheddar shredded gfs 776831.....	4 lbs + 11 ozs	
902814 CUCUMBER,WITH PEEL,RAW.....	3 lbs + 2 ozs	
900023 Tomatoes red ripe raw year round average.....	3 qts + 1/2 CUP (cherry toms)	
903493 bread-cROUTONS gfs 748500.....	50 (6 pieces)	
903171 bread vie de france white wheat greco.....	50 each	

*Nutrients are based upon 1 Portion Size (serving)

Calories	405 kcal	Cholesterol	68 mg	Protein	25.69 g	Calcium	408.19 mg	38.00%	Calories from Total Fat
Total Fat	17.10 g	Sodium	1049 mg	Vitamin A	2194.1 RE	Iron	3.17 mg	16.69%	Calories from Saturated Fat
Saturated Fat	7.51 g	Carbohydrates	38.79 g	Vitamin A	9892.7 IU	Water ¹	*62.20* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.94 g	Vitamin C	10.4 mg	Ash ¹	*0.29* g	38.31%	Calories from Carbohydrates
								25.37%	Calories from Protein

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

¹ - denotes optional nutrient values