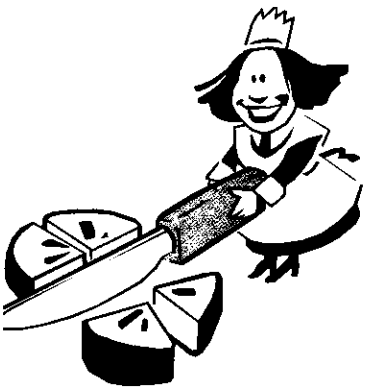
Chef Salad

MS Cycles II - #600

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 2 tomato wedges in top corner and 2 in front center of salad tray.
- In center of mixed greens, add 1 oz. each of diced ham or ham strips, turkey strips, and 1/2 oz. cheese strips.
- In front corner, add 1/2 boiled egg, cut in half
- Place 3 slices of cucumber in front corner opposite of eggs.
- In top corner, place 4 packs of club crackers or 2 packs of saltines.



Chef Salad, Graphic (600)

(Chef Salad, Graphic MC600)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber Fresh Tomatoes	4 lb. 2 lb 8 oz.		8 lb. 5 lb.			1. Wash cucumbers and tomatoes. Drain. 2. Slice cucumbers ¼" thick. 3. Slice tomatoes in wedges (8 per tomato).
Green Salad Mix Loose Leaf Lettuce	12 lb 8 oz.	6 ¼ gallons. 100 leaves.	25 lb.	12 ½ gallons. 200 leaves.		4. Line 9X5 salad tray with green leaf lettuce (2 leaves). 5. Fill with 2 cups of washed mixed greens.
						6. Place 2 tomato wedges in top corner and 2 in front center of salad tray.
Turkey Ham, Diced American Cheese, Sliced Smoked Turkey Breast	3 lb 2 oz. 1 lb 9 oz. 3 lb 1 oz.		6 lb 4 oz. 3 lb 2 oz. 6 lb 2 oz.			7. In center of mixed greens, add 1 oz each of diced ham (or ham strips) and turkey strips and ½ oz of cheese strips (may use ½ oz of shredded cheese).
Large Eggs		25 eggs		50 eggs		8. Boil eggs. Peel and quarter each egg. 9. In front center, add ½ boiled egg cut in half.
						10. Place 3 slices of cucumber in front corner opposite of eggs.
Saltine Crackers		100-4 packs		200-4 packs		11. In top corner, place two 4-count packs of saltine crackers or 4 packs of club crackers.
Assorted Non-fat Dressings		50-1.5 oz packets		100-1.5 oz packets		12. Serve 1 chef salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 chef salad provides 2 oz meat/meat alternate, 1 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

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Chef Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	327		Iron	1.97	Mg	Protein	17.50	G	Percent ⇒	Protein	21.38%
Cholesterol	147	Mg	Calcium	137.03	Mg	Carbohydrates	18.73	G	Of ⇒	Carbohydrates	22.90%
Sodium	1818	Mg	Vitamin A	148	RE	Total Fat	12.06	G	Calories ⇒	Total Fat	33.15%
Dietary Fiber	3.16	G	Vitamin C	19.05	Mg	Saturated Fat	2.67	G	From ⇒	Saturated Fat	7.33%

Production Notes:
Chef Salad with Turkey Ham & Egg (no cheese) - Place a fresh, uncracked egg in water and boil in Step 1. Replace Step 7 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese & egg) – Place a fresh, uncracked egg in water and boil in Step 1. Omit turkey ham and Step 6 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese only) – Omit turkey ham and increase cheese per serving to 2 oz in Step 7.
Nutrient Analysis must be completed for these salads.

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available.
Use Food Buying Guide to determine appropriate quantities to be served.
Other meats, such as ham, chicken, and turkey, may be used in place of turkey ham. Use Food Buying Guide to determine amount to be served.

Miscellaneous Notes:

Chef Salad (601)

(Chef Salad MC601)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber Fresh Tomatoes	4 lb. 2 lb 8 oz.		8 lb. 5 lb.			1. Wash cucumbers and tomatoes. Drain. 2. Slice cucumbers ¼" thick. 3. Slice tomatoes in wedges (8 per tomato).
Green Salad Mix	12 lb 8 oz.	6 ¼ gallons.	25 lb.	12 ½ gallons.		4. Place 2 cups of salad mix in salad plate (3 compartment plate-large section).
						5. Place 3 cucumber slices on top of lettuce bed on the right side. 6. Place 1 tomato wedge on top of lettuce bed on the left side.
Fresh Broccoli Florets	2 lb 8 oz.		5 lb.			7. Place 1 broccoli floret on each side of tomato wedge (2 wedges per salad).
Turkey Ham	4 lb.		8 lb.			8. Place 1 oz of diced turkey ham on the left center of the lettuce bed.
Mozzarella Cheese, Grated American Cheese, Shredded	1 lb 9 oz. 1 lb 9 oz.		3 lb 2 oz. 3 lb 2 oz.			9. Mix shredded cheeses. Place 1 oz of mixed cheese on the right center of the lettuce bed.
Saltine Crackers		100-4 packs.		200-4 packs.		10. Place two 4-count packs of saltine crackers or 4 packs of club crackers in container.
Assorted Non-fat Dressings		50-1.5 oz packets.		100-1.5 oz packets.		11. Serve 1 chef salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 chef salad provides 2 oz meat/meat alternate, 1 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chef Salad (Continued)

Nutrients Per Serving:
*** Denotes Missing Nutrient Values**

Calories	312		Iron	1.48	Mg	Protein	15.57	G	Percent ⇒	Protein	19.94%
Cholesterol	43	Mg	Calcium	222.64	Mg	Carbohydrates	19.12	G	Of ⇒	Carbohydrates	24.48%
Sodium	1533	Mg	Vitamin A	172	RE	Total Fat	11.93	G	Calories ⇒	Total Fat	34.38%
Dietary Fiber	3.46	G	Vitamin C	36.59	Mg	Saturated Fat	5.01	G	From ⇒	Saturated Fat	14.43%

Production Notes:
Chef Salad with Turkey Ham & Egg (no cheese) - Place a fresh, uncracked egg in water and boil in Step 1. Replace Step 7 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese & egg) – Place a fresh, uncracked egg in water and boil in Step 1. Omit turkey ham and Step 6 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese only) – Omit turkey ham and increase cheese per serving to 2 oz in Step 7.
Nutrient Analysis must be completed for these salads.

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available.
Use Food Buying Guide to determine appropriate quantities to be served.
Other meats, such as ham, chicken, and turkey, may be used in place of turkey ham. Use Food Buying Guide to determine amount to be served.

Miscellaneous Notes:
For elementary students, you may decrease the amount of salad mix from 2 cups to 1½ cups of salad.