

Salad, Chef

Nutrition Facts

Serving Size: Each

ALLERGENS

Milk

Amount Per Serving

Calories: 139

Calories from Fat: 37

Total Fat:	4.1g
Saturated Fat:	2.4g
Trans Fat:	0.00
Cholesterol:	40mg
Sodium:	459mg
Total Carbohydrate:	5.4g
Dietary Fiber:	3.0g
Sugars:	.5g
Protein:	20.1g

Vitamin A: 12,371RE Vitamin C: 6.2mg Calcium: 175.0mg Iron: 2.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Cheese, Cheddar Shredded Red Fat OH p (mfg label): Reduced Fat Cheddar Cheese [Pasteurized Reduced Fat Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color), Vitamin A Palmitate], Potato Starch and Powdered Cellulose (To Prevent Caking), Natamycin (A Natural Mold Inhibitor). CONTAINS MILK [990125]

Ham Natural Choice Smoked Sliced LS H (mfg label): WATER, NATURAL SALT BLEND (SEA SALT, POTASSIUM CHLORIDE), TURBINADO SUGAR, SALT, NATURAL FLAVOR, LACTIC ACID STARTER CULTURE [903582]

Lettuce, Romaine (mfg label): ROMAINE LETTUCE [903212]

Turkey, Pre-Sliced Browned Frozen (mfg label): TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS SALT, DEXTROSE, CARRAGEENAN, SODIUM PHOSPHATE, VEGETABLE OIL. [903441]