

CHEF SHAKER SALAD

Type of Dish: SFSP lunch entrée

SERVING SIZE: 1 salad

YIELD: 10 salads

MEAL PATTERN CONTRIBUTION: 1 oz eq grain, 2 oz eq m/ma, ¼ c. veg

Ingredients and Instructions

Lettuce, romaine, chopped	5 cups
Cucumber, chopped	2 ½ cups
Tomato, cherry, halved	2 ½ cups
Cheese, cheddar, shredded	5 ounces
Turkey or Ham, chopped	5 creditable ounces
Eggs, hard boiled, chopped	5 each
Croutons, whole grain	8 ounces

Assembly:

1. Set up your cups and begin assembling your salad shakers in order.
2. Each cup will contain ½ oz eq. turkey or ham, ½ oz cheese, ½ chopped egg, ¼ cup tomato, ¼ cup cucumber, ½ cup lettuce and .8 oz (or ½ cup) croutons.
3. Top each cup with a dome lid and serve with dressing of choice.