



3.9  
★★★★☆

# Chicken Parmesan Salad PREP

Serving Size 1 SERVING **Carbs: 11.09**

Served on Mon, 02/09/2026

## Allergens



Corn



Wheat



Gluten



Tomato



Dairy

## Nutrients

|                    |        |
|--------------------|--------|
| Calories           | 190.83 |
| Carbohydrate (gm)  | 11.09  |
| Fiber (gm)         | 3.20   |
| Total Fat (gm)     | 6.83   |
| Saturated Fat (gm) | 1.57   |
| Total Sugar (g)    | 1.07   |
| Protein (gm)       | 24.02  |



## Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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