

Salad Mixed Green MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Salad Mixed Green MTG

Nutrition Information

Calories	8.05	Protein	0.17g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.69g	Fiber	0.67g
Sugar	0.45g	Sodium	0.80mg
Iron	0.41mg	Vitamin C	2.95mg
Vitamin A	2610.42IU	Calcium	12.09mg

Ingredients

100 Ounce LETTUCE ROMAINE 24CT MRKN

7 Cup TOMATO 6X6 LRG 10# MRKN

10 Cup CUCUMBER SELECT SUPER 45# MRKN

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1: Place washed lettuce into a mixing bowl.

2: Core and dice tomatoes.

3: Slice cucumbers into 1/4" slices.

4: Combine tomatoes and cucumbers.

5: Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes: