

K-6 California Vegetable Blend

Servings:	96.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

California Blend: Broccoli, Cauliflower & Carrots

Nutrition Information

Calories	12.50	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.50g	Fiber	1.00g
Sugar	1.00g	Sodium	17.50mg
Iron	0.36mg	Vitamin C	10.20mg
Vitamin A	375.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	610891	VEG BLEND CALIF 6-4 GFS	Place bags of frozen vegetable in a 6" steam table pan add 1-2 cups water to pan. Place in Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds

Preparation Instructions

Serving per Student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 Scoop.