

Side Salad

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

Side Salad

Nutrition Information

Calories	32.94	Protein	1.99g
Fat	0.90g	SaturatedFat	0.60g
Trans Fat	0.00g	Cholesterol	3.00mg
Carbohydrates	3.97g	Fiber	1.29g
Sugar	1.29g	Sodium	25.45mg
Iron	0.48mg	Vitamin C	7.74mg
Vitamin A	28.10IU	Calcium	46.01mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	242071	LETTUCE SALAD SEP BAGS 4-5 RSS	Ready to eat
1/10 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	Ready to eat

Preparation Instructions

Place 4 ounces of salad mix into a bowl, sprinkle with cheese. Serve cold

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.