

Fresh Broccoli

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

Fresh Broccoli

Nutrition Information

Calories	30.00	Protein	2.40g
Fat	0.40g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.00g	Fiber	2.20g
Sugar	2.00g	Sodium	29.00mg
Iron	0.64mg	Vitamin C	78.50mg
Vitamin A	580.80IU	Calcium	41.36mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	499951	BROCCOLI CRWN ICELESS CLN 4-3 RSS	

Preparation Instructions

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.