

Fresh Broccoli

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

Fresh Broccoli

Nutrition Information

Calories	33.30	Protein	2.66g
Fat	0.44g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.66g	Fiber	2.44g
Sugar	2.22g	Sodium	32.19mg
Iron	0.71mg	Vitamin C	87.14mg
Vitamin A	644.69IU	Calcium	45.91mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 11/100 Ounce	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.