

# Side Salad

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Side Salad

## Nutrition Information

<b>Calories</b>	43.95	<b>Protein</b>	2.72g
<b>Fat</b>	2.25g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	7.50mg
<b>Carbohydrates</b>	3.15g	<b>Fiber</b>	0.97g
<b>Sugar</b>	0.97g	<b>Sodium</b>	52.34mg
<b>Iron</b>	0.40mg	<b>Vitamin C</b>	5.81mg
<b>Vitamin A</b>	70.25IU	<b>Calcium</b>	69.85mg

## Ingredients

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

## Preparation Instructions

Place 3 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.