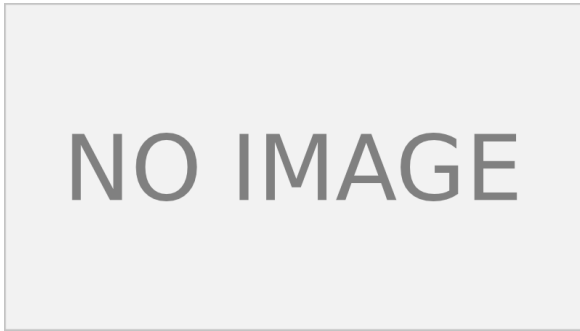


K - 3 GARDEN SALAD



| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------------------------|------------|
| LETTUCE ROMAINE 24CT MRKN | 3/4 Ounce | | 305812 |
| LETTUCE ICEBERG PREM 24CT MRKN | 3/4 Cup | | 198633 |
| EGG HARD CKD PLD DRY PK 12-12CT PAP | 1 Each | | 853800 |
| CARROT BABY WHL CLEANED 12-2 RSS | 3/20 Ounce | | 510637 |
| TOMATO GRAPE SWT 10 MRKN | 3/20 Cup | | 129631 |
| CUCUMBER SELECT SUPER 45 MRKN | 3/20 Cup | | 198587 |
| DRESSING RNCH LT CUP 200-.75Z | 2 Tablespoon | READY_TO_EAT Easy single serving | 864970 |
| CRACKER GLDFSH WGRAIN COLOR 300-.75Z | 1 Package | | 112702 |
| CRACKER GRHM DESPICABLE ME 210-1Z | 1 Package | | 865091 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.11 |
| OtherVeg | 0.08 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 418.77 | | |
| Fat | 20.08g | | |
| SaturatedFat | 4.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 190.00mg | | |
| Sodium | 579.82mg | | |
| Carbohydrates | 42.95g | | |
| Fiber | 4.33g | | |
| Sugar | 12.10g | | |
| Protein | 11.81g | | |
| Vitamin A | 3194.51IU | Vitamin C | 6.71mg |
| Calcium | 82.81mg | Iron | 2.74mg |