

# Salad Spinach Side MTG

<b>Servings:</b>	50	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	3 1/8 Gallon		560545
TOMATO 6X6 LRG 10 MRKN	4 1/4 Cup	+/- 7 lbs	199001
CUCUMBER SELECT 6CT P/L	15 Cup	+/- 10 lbs	592323

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		10.09	
<b>Fat</b>		0.06g	
<b>SaturatedFat</b>		0.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		26.07mg	
<b>Carbohydrates</b>		2.20g	
<b>Fiber</b>		1.28g	
<b>Sugar</b>		0.73g	
<b>Protein</b>		0.23g	
<b>Vitamin A</b>	3143.83IU	<b>Vitamin C</b>	20.38mg
<b>Calcium</b>	24.03mg	<b>Iron</b>	0.81mg