

Cookbook for East Calloway County Elementary School

Created by HPS Menu Planner

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[Lettuce & Tomato Cup](#)

Lettuce & Tomato Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12885

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	Place 1/2 C of Pre washed romaine shredded lettuce in 5 oz bowl.	451730
TOMATO 6X6 LRG 10 MRKN	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

Preparation Instructions

Place in 5 oz bowl and hold in cooler until serving time.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	22.96		
Fat	0.16g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.60mg		
Carbohydrates	4.80g		
Fiber	1.88g		
Sugar	3.00g		
Protein	1.64g		
Vitamin A	599.76IU	Vitamin C	9.86mg
Calcium	23.20mg	Iron	0.20mg