

# **Cookbook for Montgomery County High School**

**Created by HPS Menu Planner**

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[BLT Romaine Salad](#)

# BLT Romaine Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
BACON BITS IMIT 1-10 FARBURY	2 Tablespoon		230904

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Cup

#### Amount Per Serving

<b>Calories</b>	86.20		
<b>Fat</b>	2.20g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	264.50mg		
<b>Carbohydrates</b>	9.50g		
<b>Fiber</b>	4.10g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	7.80g		
<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.61mg