

# **Cookbook for NORTHWOOD ELEMENTARY**

**Created by HPS Menu Planner**

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Side Salad

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<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	0 Each		569551
LETTUCE ROMAINE RIBBONS 6-2 RSS	0 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	0 Ounce		150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	45.60		
<b>Fat</b>	2.35g		
<b>SaturatedFat</b>	1.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	49.75mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	3.15g		
<b>Vitamin A</b>	374.70IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	70.25mg	<b>Iron</b>	0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes