

# **Cookbook for NORTHWOOD ELEMENTARY**

**Created by HPS Menu Planner**

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# Assorted Fresh Veggies

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29648
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Pound	Wash	768146
PEPPERS SWT MINI 20 P/L	3 1/2 Pound	Wash	667582
CELERY STIX 4-3 RSS	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT 10 MRKN	4 1/5 Pound	Wash	129631
CUCUMBER SELECT 4-6CT MRKN	4 4/5 Pound	Peel and slice	361510

## Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	69.91
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	212.39mg
<b>Carbohydrates</b>	15.12g
<b>Fiber</b>	7.17g
<b>Sugar</b>	9.20g
<b>Protein</b>	3.44g

**Vitamin A** 419.79IU      **Vitamin C** 7.34mg

**Calcium** 118.73mg      **Iron** 0.32mg

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