

Cookbook for Eastpointe Elementary School

Created by HPS Menu Planner

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[Romaine Salad](#)

Romaine Salad



Servings:	1.000	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33393
School:	Eastpointe Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	8 Ounce	Used Prewashed Ribbon Cut Romaine	451730
TOMATO GRAPE SWT 10 MRKN	4 Each		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	4.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	8.31		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	1.79g		
Fiber	0.57g		
Sugar	1.27g		
Protein	0.42g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	4.84mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available