

# Salad Mixed Green MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-107
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	2 Quart 1/2 Cup (8 1/2 Cup)	+/- 7 lbs	199001
CUCUMBER SELECT SUPER	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	198587

## Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.840
<b>RedVeg</b>	0.085
<b>OtherVeg</b>	0.300
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	24.23
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.37mg
<b>Carbohydrates</b>	5.16g
<b>Fiber</b>	2.05g
<b>Sugar</b>	2.71g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 160.21IU	<b>Vitamin C</b> 2.97mg
<b>Calcium</b> 33.40mg	<b>Iron</b> 0.74mg

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

## Nutrition - Per 100g

No 100g Conversion Available