

Romaine Side Salad

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41718 |
| School: | Tami Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-----------------------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS | 6 Gallon 1 Quart (100 Cup) | | 451730 |
| TOMATO GRAPE SWT | 25 Pound | | 129631 |
| Cucumber | 200 Slice | | 16P98 |
| Shredded Cheddar Cheese | 6 Pound 4 Ounce (100 Ounce) | | 100003 |

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.315 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|---------|
| Calories | 130.62 | | |
| Fat | 9.25g | | |
| SaturatedFat | 6.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 195.67mg | | |
| Carbohydrates | 4.45g | | |
| Fiber | 1.41g | | |
| Sugar | 3.17g | | |
| Protein | 7.03g | | |
| Vitamin A | 944.62IU | Vitamin C | 15.54mg |
| Calcium | 11.68mg | Iron | 0.31mg |

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

Nutrition - Per 100g

No 100g Conversion Available