

Salad Mixed Green MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.840
RedVeg	0.085
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available