

Spinach Salad

| | | | |
|----------------------|--------------------|-----------------------|-----------|
| Servings: | 357.14 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21353 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|--------------|----------------------|------------|
| SPINACH BABY CLND | 92 6/7 Pound | | 560545 |
| CUCUMBER SELECT | 17 6/7 Pound | Wash and slice thin. | 592323 |
| TOMATO GRAPE SWT | 14 2/7 Each | Wash. | 129631 |

Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.520 |
| RedVeg | 0.001 |
| OtherVeg | 0.300 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 4.99 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 13.32mg | | |
| Carbohydrates | 1.13g | | |
| Fiber | 0.61g | | |
| Sugar | 0.31g | | |
| Protein | 0.61g | | |
| Vitamin A | 18.88IU | Vitamin C | 0.48mg |
| Calcium | 18.13mg | Iron | 0.57mg |

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

Nutrition - Per 100g

No 100g Conversion Available
