

Side Salad Elementary

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41916
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	6 Gallon 1 Quart (100 Cup)		735787
TOMATO GRAPE SWT	1 Gallon 2 Quart 1 Cup (25 Cup)		129631
CARROTS BABY PLD 72-3Z P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		241541
CUCUMBER 1-24CT MARKON	1 Gallon 2 Quart 1 Cup (25 Cup)		238653

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	1.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	89.25
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.50mg
Carbohydrates	20.25g
Fiber	7.03g
Sugar	10.50g
Protein	2.88g
Vitamin A 23643.94IU	Vitamin C 146.07mg
Calcium 75.74mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
