

Woodford Salad

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3880
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND	100		165761
1x10 LB TOMATO GRAPE	100		749041
CUCUMBER 1-24CT MARKON	100		238653
CARROT SHRD 2-2.5	100		607720

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.294
RedVeg	0.500
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving			
Calories	13.68**		
Fat	0.10g**		
SaturatedFat	0.00g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	1.00mg**		
Carbohydrates	2.59g**		
Fiber	0.89g**		
Sugar	1.59g**		
Protein	0.89g**		
Vitamin A	54.60IU**	Vitamin C	1.46mg**
Calcium	17.73mg**	Iron	0.36mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
