

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
