

Mixed Green Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	BROOKS SCHOOL ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Cup		583371
CUCUMBER SUPER SELECT	1/8 Slice		592323
TOMATO GRAPE SWT	3 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	6.24
Fat	0.08g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.69mg
Carbohydrates	1.35g
Fiber	0.41g
Sugar	0.95g
Protein	0.30g
Vitamin A 281.95IU	Vitamin C 4.64mg
Calcium 3.54mg	Iron 0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available