

# Tossed Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44801
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
TOMATO GRAPE SWT	2 Each	Approx 2 - 3 tomatoes	129631
Cucumber	2 Slice	Slice up cucumber	16P98
CARROT MATCHSTICK SHRED	1 Ounce		198161

## Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler.

Hold at Cold Service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.285
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	20.16		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.13mg		
<b>Carbohydrates</b>	4.54g		
<b>Fiber</b>	1.66g		
<b>Sugar</b>	2.46g		
<b>Protein</b>	0.92g		
<b>Vitamin A</b>	4942.98IU	<b>Vitamin C</b>	4.82mg
<b>Calcium</b>	19.58mg	<b>Iron</b>	0.32mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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