

# Veggie Cup-Color your Tray

|                      |                          |                       |                  |
|----------------------|--------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 8.00                     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                    | <b>Recipe ID:</b>     | R-46847          |
| <b>School:</b>       | Walton-Verona Elementary |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Baby Carrots                   | 1/2 Cup     |                   | 812540     |
| 6-2 LETTUCE ROMAINE COMM 15D44 | 1 Cup       |                   | 381403     |
| 1x10 LB TOMATO GRAPE           | 3 Ounce     |                   | 749041     |
| Cucumber                       | 1/2 Cup     | BAKE              | 16P98      |
| SQUASH ZUCCHINI 50-2Z COMM     | 1/2 Cup     |                   | 701500     |
| Sweet Potatoes, Fresh, Whole   | 1/2 Cup     |                   | 100343     |
| BROCCOLI CAULIF COMBO          | 1/2 Cup     |                   | 283339     |
| CAULIFLOWER CALIF              | 1/2 Cup     |                   | 198528     |
| CELERY                         | 1/2 Cup     |                   | 762640     |
| PEPPERS RED                    | 1/2 0       |                   | 188583     |
| RADISH 30CT                    | 1/4 Cup     |                   | 198854     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.352 |
| <b>OtherVeg</b> | 0.125 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 17.74                   |
| <b>Fat</b>                | 0.03g                   |
| <b>SaturatedFat</b>       | 0.01g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 17.70mg                 |
| <b>Carbohydrates</b>      | 4.03g                   |
| <b>Fiber</b>              | 0.96g                   |
| <b>Sugar</b>              | 1.39g                   |
| <b>Protein</b>            | 0.66g                   |
| <b>Vitamin A</b> 581.56IU | <b>Vitamin C</b> 3.83mg |
| <b>Calcium</b> 10.01mg    | <b>Iron</b> 0.19mg      |

\*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