

Healthy Challenge-Veggie Rainbow Challenge

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46113
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY RNBW ORGNC	1/2 Each		252862
TOMATO GRAPE/CHERRY MEDLEY	1/4 Cup		870169
PEAS SNOW	1/4 Cup		647462
PEPPERS SWEET MINI	1/4 0		870145
LETTUCE BABY SPNCH ORGNC	1/2 Cup		225990

Preparation Instructions

Wash and Prepare Veggie- create the rainbow for students to select Veggies

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	6.97
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.23mg
Carbohydrates	1.20g
Fiber	0.62g
Sugar	0.40g
Protein	0.73g
Vitamin A	1920.82IU
Vitamin C	3.65mg
Calcium	26.73mg
Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available
