

Veggie Cup-Color your Tray

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 8.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46847 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.352 |
| OtherVeg | 0.125 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

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