

# Veggie Combo-Carrots and Celery



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33415
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK 24 SZ	1/4 Cup	Washed and cleaned keep at 41 degrees or below in cooler till served. CCP: keep at 41 degrees or below.	170895
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT Washed and cleaned keep at 41 degrees or below in cooler till served. CCP: keep at 41 degree or below	15014

## Preparation Instructions

Place a 1/2 cup baby carrots and 1/2 cup celery stick and ranch dressing in a cup.

CCP: Keep refrigerated 41 degrees or below till served.

## 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>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	19.35
<b>Fat</b>	0.11g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	57.80mg
<b>Carbohydrates</b>	4.50g
<b>Fiber</b>	1.75g
<b>Sugar</b>	2.53g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 6000.19IU	<b>Vitamin C</b> 2.06mg
<b>Calcium</b> 25.90mg	<b>Iron</b> 0.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available