

Side salad SFSP

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50314
School:	Attica Jr/Sr High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	10.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 0.36mg

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

Nutrition - Per 100g

Calories	4.41		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.88g		
Fiber	0.44g		
Sugar	0.44g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.05mg	Iron	0.16mg

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