

LETTUCE/TOMATO/ONION for ARTISAN SUB



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30589
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1/2 Cup		416593
TOMATO SLCD 1/4IN	2 Piece		786535
ONION RING RED 1/4IN	1/8 Cup		429198
PICKLE KOSH DILL CHIP C/C	3 Slice		242667

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	29.52		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	217.83mg		
Carbohydrates	5.99g		
Fiber	2.18g		
Sugar	3.61g		
Protein	1.34g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	30.49mg	Iron	0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available