

Lettuce & Tomato Slices

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Serving	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

Preparation Instructions

Serve on line for garnish
CCP 41F or below

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	14.96
Fat	0.16g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.60mg
Carbohydrates	3.20g
Fiber	1.08g
Sugar	2.20g
Protein	0.84g
Vitamin A	599.76IU
Vitamin C	9.86mg
Calcium	10.40mg
Iron	0.20mg

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

Nutrition - Per 100g

Calories	26.38		
Fat	0.28g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.35mg		
Carbohydrates	5.64g		
Fiber	1.90g		
Sugar	3.88g		
Protein	1.48g		
Vitamin A	1057.80IU	Vitamin C	17.40mg
Calcium	18.34mg	Iron	0.35mg

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