

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34893
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Mixed Vegetables	1/2 Cup	111230

Preparation Instructions

Note: Only commodity brown box mixed vegetables counts towards red/orange, starchy, and other. All other mixed vegetables count only as Other vegetable subgroup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available