

# Romaine Side Salad

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41718
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TOMATO GRAPE SWT	25 Pound		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	6 Pound 4 Ounce (100 Ounce)		100003

## Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.315
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.62		
<b>Fat</b>	9.25g		
<b>SaturatedFat</b>	6.06g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	195.67mg		
<b>Carbohydrates</b>	4.45g		
<b>Fiber</b>	1.41g		
<b>Sugar</b>	3.17g		
<b>Protein</b>	7.03g		
<b>Vitamin A</b>	944.62IU	<b>Vitamin C</b>	15.54mg
<b>Calcium</b>	11.68mg	<b>Iron</b>	0.31mg

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

## Nutrition - Per 100g

No 100g Conversion Available