

GARDEN SALAD



Servings:	260.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8819
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	30 Pound		451730
TOMATO GRAPE SWT	2 Quart 1 Pint (10 Cup)		129631
DRESSING MIX RNCH	3 1/5 Ounce		473308
MILK WHT 2	1 Gallon		504602
DRESSING SALAD	1 Gallon		107042

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.469
RedVeg	0.038
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		126.29	
Fat		7.35g	
SaturatedFat		2.22g	
Trans Fat*		0.08g	
Cholesterol		17.72mg	
Sodium		192.64mg	
Carbohydrates		10.02g	
Fiber		1.02g	
Sugar		2.11g	
Protein		5.28g	
Vitamin A	313.92IU	Vitamin C	2.16mg
Calcium	171.40mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available