

LETTUCE/TOMATO/ONION/PICKLE



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9432
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1/2 Cup		416593
TOMATO SLCD 1/4IN	1/8 Cup		786535
ONION RING RED 1/4IN	1/8 Cup		429198
PICKLE KOSH DILL CHIP C/C	2 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	0.130
OtherVeg	0.380
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		17.53	
Fat		0.05g	
SaturatedFat		0.01g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		149.50mg	
Carbohydrates		3.40g	
Fiber		1.37g	
Sugar		1.76g	
Protein		0.75g	
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	23.83mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available