

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15961
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE GREEN LEAF	4 Ounce	Chop up lettuce	284998
TOMATO GRAPE SWT	4 Each		129631
CARROT BABY WHL PETITE	4 Each		768146
CUCUMBER SELECT	4 Slice	Slice cucumbers	418439

Preparation Instructions

Put all ingredients in bowl

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.875
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		69.15	
Fat		0.20g	
SaturatedFat		0.03g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		122.25mg	
Carbohydrates		16.90g	
Fiber		3.35g	
Sugar		7.25g	
Protein		0.70g	
Vitamin A	429.45IU	Vitamin C	7.63mg
Calcium	89.76mg	Iron	2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available