

# Sandwich Fixings



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15964
School:	ANDERSON COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TOMATO 6X6 LRG	1 Slice	slice tomatoes	199036
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
PICKLE DILL SLCD HAMB	1 Ounce		149195
ONION RED JUMBO	1 Ounce	slice onions	198722

## Preparation Instructions

make sure lettuce is washed, chopped and ready to go. Everything should be in its own bowl for the high school. Everyone else can boat together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.010
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.005
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.009
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	1.49		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.25mg		
<b>Sodium</b>	7.02mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	7.51IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	1.78mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available