

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8242
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with tomatoes and carrots.

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		16.25	
Fat		0.10g	
SaturatedFat		0.13g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		25.28mg	
Carbohydrates		3.21g	
Fiber		1.46g	
Sugar		0.59g	
Protein		1.17g	
Vitamin A	4951.75IU	Vitamin C	9.88mg
Calcium	18.13mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available