

Berry Side Salad



| | | | |
|---------------|--------------|----------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35632 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools | 1 Cup | READY_TO_EAT | 15D44 |
| CHEESE MOZZ 2 SHRD FTHR | 1 Ounce | READY_TO_EAT | 421812 |
| Strawberries RF Clamshell 8/1 LB CO- Graves County Schools | 1/4 Cup | READY_TO_EAT | 17W87 |
| BLUEBERRY | 1/8 Cup | READY_TO_EAT | 451690 |

Preparation Instructions

Ready to eat.
Container- 792220 or 146633
Place romaine lettuce bowl and top with remaining ingredients
CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.000 |
| Fruit | 0.380 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 70.46 |
| Fat | 13.82g |
| SaturatedFat | 1.76g |
| Trans Fat* | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 103.96mg |
| Carbohydrates | 7.55g |
| Fiber | 2.19g |
| Sugar | 4.27g |
| Protein | 27.72g |
| Vitamin A 4104.64IU | Vitamin C 24.92mg |
| Calcium 123.90mg | Iron 0.66mg |

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

Nutrition - Per 100g

No 100g Conversion Available