

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