

Lettuce & Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9241
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 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

Preparation Instructions

Ready to eat.

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

OVS- #356569

Diced Tomato- 1/4 Cup

Shredded/Diced Romaine- 1/4 Cup

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.250
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		10.00	
Fat		0.10g	
SaturatedFat		0.13g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		21.94mg	
Carbohydrates		1.98g	
Fiber		0.70g	
Sugar		0.14g	
Protein		0.73g	
Vitamin A	1770.50IU	Vitamin C	8.47mg
Calcium	6.38mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available