

Celery Sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

Preparation Instructions

Cold service 41F or below. 1/2cup=2.29oz

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		8.70	
Fat		0.10g	
SaturatedFat		0.05g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		49.60mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		0.45g	
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available