

Romaine Side Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41718
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	100 Cup		451730
TOMATO GRAPE SWT	400 Ounce		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	100 Ounce		100003

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.315
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		130.62	
Fat		9.25g	
Saturated Fat		6.06g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		195.67mg	
Carbohydrates		4.45g	
Fiber		1.41g	
Sugar		3.17g	
Added Sugar		0.00g	
Protein		7.03g	
Vitamin A	944.62mcg	Vitamin C	15.54mg
Calcium	11.68mg	Iron	0.31mg

Nutrition - Per 100g

No 100g Conversion Available