

Assorted Vegetable Tray

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52234
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

Cucumbers, Cherry Tomatoes, Baby Carrots,
Sometimes broccoli, Green Peppers, and celery (Depending on what have leftover from the week)

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		15.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.00mg	
Carbohydrates		3.50g	
Fiber		1.00g	
Sugar		2.50g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	749.70mcg	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--