

Side Salad Elementary



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41916
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	100 Cup		735787
TOMATO GRAPE SWT	25 Cup		129631
CARROTS BABY PLD 72-3Z P/L	25 Cup		241541
CUCUMBER 1-24CT MARKON	25 Cup		238653

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	1.125
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories		89.25	
Fat		0.13g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		119.50mg	
Carbohydrates		20.25g	
Fiber		7.03g	
Sugar		10.50g	
Added Sugar		0.00g	
Protein		2.88g	
Vitamin A	23643.94mcg	Vitamin C	146.07mg
Calcium	75.74mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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