

Romaine Line Salad

Servings:	16.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53033
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Pound		735787
CUCUMBER SUPER SELECT	2 3/4 Cup	1 cucumber each---slices cut in quarters	592323
TOMATO GRAPE SWT	2 Cup	cut in half	129631
CARROT MATCHSTICK SHRED	1 Cup		198161

Preparation Instructions

WASH HANDS-WEAR GLOVES

1. Wash cucumbers and tomatoes
2. Mix romaine lettuce in a large pan.
3. Add quartered cucumber slices, grape tomatoes, and shredded carrots.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		20.61	
Fat		0.05g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.75mg	
Carbohydrates		4.31g	
Fiber		1.53g	
Sugar		2.34g	
Added Sugar		0.00g	
Protein		1.26g	
Vitamin A	1542.13mcg	Vitamin C	3.98mg
Calcium	24.31mg	Iron	0.51mg

Nutrition - Per 100g

No 100g Conversion Available