

Southridge Student Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53034
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CUCUMBER SUPER SELECT	1/8 Cup	4 slices	592323
TOMATO GRAPE SWT	1/8 Cup	3 Each	129631
CARROT MATCHSTICK SHRED	2 Tablespoon	Pinch	198161
CHEESE AMER SHRD R/F	1/4 Cup		861950
Ham, Cubed Frozen	1 2/9 Ounce	Weight---USDA Brown Box Commodity	100188-H
CRACKER GLDFSH XTRA WGRAIN	1 Package	N/A	745481

Preparation Instructions

WASH HANDS---WEAR GLOVES

1. Wash vegetables.
2. Put 1 cup of lettuce in 12 oz bowl.
3. Add cucumber slices, grape tomatoes, and shredded carrots.
4. Put 1 oz. diced ham and 1 oz weight (1/4 cup) in 2 oz, souffle cups.
5. Give 1 bag of Goldfish Crackers.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		218.28	
Fat		10.05g	
Saturated Fat		4.01g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		911.21mg	
Carbohydrates		22.50g	
Fiber		2.64g	
Sugar		4.45g	
Added Sugar		0.00g	
Protein		15.30g	
Vitamin A	2119.66mcg	Vitamin C	4.21mg
Calcium	238.69mg	Iron	1.20mg

Nutrition - Per 100g

No 100g Conversion Available