

Side Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25857
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	100 Cup		305812
TOMATO 6X6 LRG	25 Cup		199001
CUCUMBER SELECT	25 Cup		198587

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	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		22.00	
Fat		0.15g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.75mg	
Carbohydrates		4.75g	
Fiber		1.70g	
Sugar		2.75g	
Added Sugar		0.00g	
Protein		1.55g	
Vitamin A	402.15mcg	Vitamin C	6.90mg
Calcium	24.66mg	Iron	0.56mg

Nutrition - Per 100g

No 100g Conversion Available