

Garden Side Salad w/ ranch

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components

Amount Per Serving

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Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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Amount Per Serving	
Calories	156.57
Fat	13.36g
Saturated Fat	3.52g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	299.87mg
Carbohydrates	6.25g
Fiber	1.59g
Total Sugar	3.37g
Added Sugar	0.00g
Protein	2.94g
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Vitamin A 381.53mcg	Vitamin C 6.35mg
Calcium 71.29mg	Iron 0.14mg

Nutrition - Per 100g

No 100g Conversion Available
