

Celery w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28693
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P55
RANCH LT DIP CUP	1 Each		499521

Preparation Instructions

Ready-To-Eat

CCP: Hold for cold service at 41° F or lower.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	85.00
Fat	6.03g
Saturated Fat	1.01g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	167.00mg
Carbohydrates	5.48g
Fiber	0.30g
Total Sugar	3.21g
Added Sugar	0.00g
Protein	0.11g
Vitamin A 72.00mcg	Vitamin C 0.50mg
Calcium 26.00mg	Iron 0.03mg

Nutrition - Per 100g

No 100g Conversion Available