

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8242
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with tomatoes and carrots.

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	0.500
Red/Orange	0.380
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	16.25
Fat	0.10g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.28mg
Carbohydrates	3.21g
Fiber	1.46g
Total Sugar	0.59g
Added Sugar	0.00g
Protein	1.17g
Vitamin A 4951.75mcg	Vitamin C 9.88mg
Calcium 18.13mg	Iron 0.70mg

Nutrition - Per 100g

No 100g Conversion Available
