

# Lettuce & Tomato Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9241
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 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

## Preparation Instructions

Ready to eat.

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

OVS- #356569

Diced Tomato- 1/4 Cup

Shredded/Diced Romaine- 1/4 Cup

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.125
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	10.00
<b>Fat</b>	0.10g
<b>Saturated Fat</b>	0.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	21.94mg
<b>Carbohydrates</b>	1.98g
<b>Fiber</b>	0.70g
<b>Total Sugar</b>	0.14g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.73g
<b>Vitamin A</b> 1770.50mcg	<b>Vitamin C</b> 8.47mg
<b>Calcium</b> 6.38mg	<b>Iron</b> 0.35mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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