

# Side Salad

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-8242           |
| <b>School:</b>       | 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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.500 |
| <b>Red/Orange</b>               | 0.380 |
| <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>             | 16.25                   |
| <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>               | 25.28mg                 |
| <b>Carbohydrates</b>        | 3.21g                   |
| <b>Fiber</b>                | 1.46g                   |
| <b>Total Sugar</b>          | 0.59g                   |
| <b>Added Sugar</b>          | 0.00g                   |
| <b>Protein</b>              | 1.17g                   |
| <b>Vitamin A</b> 4951.75mcg | <b>Vitamin C</b> 9.88mg |
| <b>Calcium</b> 18.13mg      | <b>Iron</b> 0.70mg      |

## **Nutrition - Per 100g**

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No 100g Conversion Available

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