

Lettuce & Tomato Cup- Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8271
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Piece	READY_TO_EAT	15D44
Tomatoes FR 5 x 6, 2 Layer Tray 20 LB CS- Graves County Schools	1 Slice	READY_TO_EAT	16063

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	0.130
Red/Orange	0.000
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	5.00
Fat	0.25g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.47mg
Carbohydrates	0.97g
Fiber	0.15g
Total Sugar	0.60g
Added Sugar	0.00g
Protein	0.07g
Vitamin A 678.25mcg	Vitamin C 2.94mg
Calcium 3.94mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available