

Berry Side Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35632

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
CHEESE MOZZ 2 SHRD FTHR	1 Ounce	READY_TO_EAT	421812
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/4 Cup	READY_TO_EAT	17W87
BLUEBERRY	1/8 Cup	READY_TO_EAT	451690

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with remaining ingredients

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.380
DarkGreen	0.500
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 Serving

Amount Per Serving	
Calories	70.46
Fat	13.82g
Saturated Fat	1.76g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	103.96mg
Carbohydrates	7.55g
Fiber	2.19g
Total Sugar	4.27g
Added Sugar	0.00g
Protein	27.72g
Vitamin A 4104.64mcg	Vitamin C 24.92mg
Calcium 123.90mg	Iron 0.66mg

Nutrition - Per 100g

No 100g Conversion Available