

Lettuce & Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9241
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.125
Red/Orange	0.250
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	10.00
Fat	0.10g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.94mg
Carbohydrates	1.98g
Fiber	0.70g
Total Sugar	0.14g
Added Sugar	0.00g
Protein	0.73g
Vitamin A 1770.50mcg	Vitamin C 8.47mg
Calcium 6.38mg	Iron 0.35mg

Nutrition - Per 100g

No 100g Conversion Available