

Healthy Challenge-Veggie Rainbow Challenge

NO IMAGE

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46113
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY RNBW ORGNC	1/2 Each		252862
TOMATO GRAPE/CHERRY MEDLEY	1/4 Cup		870169
PEAS SNOW	1/4 Cup		647462
PEPPERS SWEET MINI	1/4 0		870145
LETTUCE BABY SPNCH ORGNC	1/2 Cup		225990

Preparation Instructions

Wash and Prepare Veggie- create the rainbow for students to select Veggies

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	7.37**
Fat	0.07g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	13.18mg**
Carbohydrates	1.27g**
Fiber	0.66g**
Total Sugar	0.44g**
Added Sugar	0.00g**
Protein	0.72g**
Vitamin A 1920.82mcg**	Vitamin C 3.65mg**
Calcium 26.92mg**	Iron 0.74mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available