

Salad- Side Caesar

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53201
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
CROUTON SEAS PC PKT	1 Package	READY_TO_EAT Ready to use.	175400
CHEESE PARM PKT	1 Each		254959
DRESSING CEASAR CRMY	1 Tablespoon		115577

Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler.
Hold at Cold Service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.250
Fruit	0.000
DarkGreen	0.250
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 Cup

Amount Per Serving	
Calories	105.00
Fat	7.50g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	305.00mg
Carbohydrates	7.00g
Fiber	0.50g
Total Sugar	2.00g
Added Sugar	0.50g
Protein	3.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 66.00mg	Iron 0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available