

Lettuce & Tomato

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Serving	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

Preparation Instructions

Serve on line for garnish
CCP 41F or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
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: 2.00 Ounce

Amount Per Serving	
Calories	14.96
Fat	0.16g
Saturated Fat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.60mg
Carbohydrates	3.20g
Fiber	1.08g
Total Sugar	2.20g
Added Sugar	0.00g
Protein	0.84g
Vitamin A 599.76mcg	Vitamin C 9.86mg
Calcium 10.40mg	Iron 0.20mg

Nutrition - Per 100g

Calories	26.38
Fat	0.28g
Saturated Fat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.35mg
Carbohydrates	5.64g
Fiber	1.90g
Total Sugar	3.88g
Added Sugar	0.00g
Protein	1.48g
Vitamin A 1057.80mcg	Vitamin C 17.40mg
Calcium 18.34mg	Iron 0.35mg