

Romaine Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49994
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	20 Cup		735787
TOMATO CHERRY	40 Each		169275
CARROT SHRD MED	40 Teaspoon		313408

Preparation Instructions

Put 4 lbs of romaine In large black Cambro.

Add shed carrots and cherry tomatoes

Dressing on the side

jsh 12.10.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.200
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	16.58
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.92mg
Carbohydrates	3.50g
Fiber	1.50g
Total Sugar	1.92g
Added Sugar	0.00g
Protein	1.25g
Vitamin A 1107.15mcg RAE	Vitamin C 0.23mg
Calcium 19.62mg	Iron 0.44mg

Nutrition - Per 100g

No 100g Conversion Available
