

Goldfish Garden Salad

NO IMAGE

| | | | |
|----------------------|----------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20978 |
| School: | Joan Martin Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|----------------------------|------------|
| LETTUCE ROMAINE RIBBONS | 1 Cup | 1 full c of lettuce | 451730 |
| TOMATO GRAPE SWT | 1/8 Cup | 2-3 pieces of grape tomato | 129631 |
| CUCUMBER SUPER SELECT | 1/8 Cup | 2 slices | 198587 |
| CRACKER GLDFSH WGRAIN COLOR | 1 Teaspoon | | 112702 |

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.067 |
| Fruit | 0.000 |
| DarkGreen | 0.500 |
| Red/Orange | 0.130 |
| OtherVeg | 0.130 |
| 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 | 21.94 |
| Fat | 0.26g |
| Saturated Fat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 12.24mg |
| Carbohydrates | 4.23g |
| Fiber | 1.40g |
| Total Sugar | 1.78g |
| Added Sugar | 0.00g |
| Protein | 1.34g |
| Vitamin A 404.04mcg RAE | Vitamin C 6.79mg |
| Calcium 22.84mg | Iron 0.21mg |

Nutrition - Per 100g

| | |
|---------------------------------|--------------------------|
| Calories | 83.73 |
| Fat | 0.99g |
| Saturated Fat | 0.13g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 46.71mg |
| Carbohydrates | 16.15g |
| Fiber | 5.36g |
| Total Sugar | 6.79g |
| Added Sugar | 0.00g |
| Protein | 5.12g |
| Vitamin A 1541.55mcg RAE | Vitamin C 25.91mg |
| Calcium 87.15mg | Iron 0.82mg |