

Harvest Veggie blend

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	28 Cup	Peeled and cut into bite size pieces	266985
CARROT BABY WHL PETITE	15 Cup		768146
TOMATO GRAPE SWT	15 Cup	Can be cut in half	129631
Cucumber	3 Cup	Peeled and cut into bite size pieces	16P98

Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Gently mix until all vegetables are evenly distributed.

Serve in black Cambro's with Italian & ranch dressing on the side

AP: 9/18/25

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.03mg
Carbohydrates	5.18g
Fiber	1.44g
Total Sugar	2.89g
Added Sugar	0.00g
Protein	0.30g
Vitamin A 899.64mcg RAE	Vitamin C 14.80mg
Calcium 22.95mg	Iron 0.63mg

Nutrition - Per 100g

Calories	20.41
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.42mg
Carbohydrates	5.24g
Fiber	1.46g
Total Sugar	2.92g
Added Sugar	0.00g
Protein	0.30g
Vitamin A 910.94mcg RAE	Vitamin C 14.98mg
Calcium 23.24mg	Iron 0.64mg