

# Veggie Cup-Color your Tray

NO IMAGE

<b>Servings:</b>	8.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46847
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	1/2 Cup		812540
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
TOMATO GRAPE	3 Ounce		749041
Cucumber	1/2 Cup	BAKE	16P98
SQUASH ZUCCHINI 50-2Z COMM	1/2 Cup		701500
Sweet Potatoes, Fresh, Whole	1/2 Cup		100343
BROCCOLI CAULIF COMBO	1/2 Cup		283339
CAULIFLOWER CALIF	1/2 Cup		198528
CELERY	1/2 Cup		762640
PEPPERS RED	1/2 0		188583
RADISH	1/4 Cup		198854

## Preparation Instructions

Place in 4oz boat

CCP Cold service 41F or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.352
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	17.85**
<b>Fat</b>	0.04g**
<b>Saturated Fat</b>	0.01g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	17.79mg**
<b>Carbohydrates</b>	4.05g**
<b>Fiber</b>	0.97g**
<b>Total Sugar</b>	1.39g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.66g**
<b>Vitamin A</b> 581.56mcg RAE**	<b>Vitamin C</b> 3.83mg**
<b>Calcium</b> 10.05mg**	<b>Iron</b> 0.19mg**

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

## Nutrition - Per 100g

<b>Calories</b>	167.91**
<b>Fat</b>	0.33g**
<b>Saturated Fat</b>	0.12g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	167.38mg**
<b>Carbohydrates</b>	38.13g**
<b>Fiber</b>	9.14g**
<b>Total Sugar</b>	13.12g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	6.21g**
<b>Vitamin A</b> 5470.94mcg RAE**	<b>Vitamin C</b> 36.02mg**
<b>Calcium</b> 94.50mg**	<b>Iron</b> 1.81mg**

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