

Veggie Cup-Color your Tray

NO IMAGE

Servings:	8.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46847
School:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

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

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