

Salad- Side Tossed

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44801
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
TOMATO GRAPE SWT	2 Each	Approx 2 - 3 tomatoes	129631
Cucumber	2 Slice	Slice up cucumber	16P98
CARROT MATCHSTICK	1 Ounce		198161

Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler.
Hold at Cold Service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.285
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	19.24
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.63mg
Carbohydrates	4.42g
Fiber	1.64g
Total Sugar	2.33g
Added Sugar	0.00g
Protein	0.85g
Vitamin A 5130.41mcg RAE	Vitamin C 7.90mg
Calcium 21.83mg	Iron 0.38mg

Nutrition - Per 100g

Calories	36.88
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	39.54mg
Carbohydrates	8.47g
Fiber	3.14g
Total Sugar	4.47g
Added Sugar	0.00g
Protein	1.62g
Vitamin A 9835.90mcg RAE	Vitamin C 15.14mg
Calcium 41.86mg	Iron 0.73mg