

# carrot and celery sticks



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44838

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1/4 Cup		510637
CELERY STIX	1/4 Cup		781592

## Preparation Instructions

- Hold cold foods at 41 °F or below
- Serve in 4oz tray

## 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>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	20.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	67.50mg
<b>Carbohydrates</b>	4.50g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 4847.50mcg RAE	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 31.00mg	<b>Iron</b> 0.50mg

## Nutrition - Per 100g

No 100g Conversion Available