

Romaine Lettuce with Cherry Tomatoes

| | | | |
|----------------------|-------------------------|-----------------------|-----------|
| Servings: | 53.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23726 |
| School: | Concord Jr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE CHOP | 5 Pound | | 735787 |
| TOMATO GRAPE SWT | 16 Ounce | | 129631 |

Preparation Instructions

Updated 5.27.26

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.500 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Cup

| Amount Per Serving | |
|--------------------------------|-------------------------|
| Calories | 11.57 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.28mg |
| Carbohydrates | 2.37g |
| Fiber | 1.13g |
| Total Sugar | 1.24g |
| Added Sugar | 0.00g |
| Protein | 1.07g |
| Vitamin A 170.88mcg RAE | Vitamin C 2.81mg |
| Calcium 18.28mg | Iron 0.42mg |

Nutrition - Per 100g

| | |
|--------------------------------|-------------------------|
| Calories | 22.52 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.55mg |
| Carbohydrates | 4.62g |
| Fiber | 2.20g |
| Total Sugar | 2.42g |
| Added Sugar | 0.00g |
| Protein | 2.09g |
| Vitamin A 332.77mcg RAE | Vitamin C 5.47mg |
| Calcium 35.60mg | Iron 0.82mg |