

Salad Line: Zee Zee Sunflower Seed Salad

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38078
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	Or GFS#560545 Baby Spinach maybe used 1 cup of dark leafy greens per container	451730
CARROT BABY WHL PETITE	1/2 Cup	Or GFS#169275 Cherry Tomato maybe used 1/4 cup of red/orange vegetable per container	768146
Variety of Fresh Vegetables	1/2 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350) 1/4 cup of vegetable choice per container	
Zee Zees Sunflower Kernels, Roasted	1 Each		B87860
Zee Zee Honey Roasted Sunflower	1 Package		89000

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put 1 package of sunflower kernels into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	209.53
Fat	15.00g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	106.41mg
Carbohydrates	13.63g
Fiber	4.97g
Total Sugar	6.19g
Added Sugar	0.00g
Protein	7.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 51.75mg	Iron 1.31mg

Nutrition - Per 100g

Calories	985.57
Fat	70.56g
Saturated Fat	8.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	500.50mg
Carbohydrates	64.09g
Fiber	23.37g
Total Sugar	29.10g
Added Sugar	0.00g
Protein	35.28g
Vitamin A 1763.17mcg RAE	Vitamin C 29.00mg
Calcium 243.42mg	Iron 6.16mg