

carrot and celery sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available