

# Salad- Side Tossed

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44801
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	19.24
<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>	20.63mg
<b>Carbohydrates</b>	4.42g
<b>Fiber</b>	1.64g
<b>Total Sugar</b>	2.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.85g
<b>Vitamin A</b> 5130.41mcg RAE	<b>Vitamin C</b> 7.90mg
<b>Calcium</b> 21.83mg	<b>Iron</b> 0.38mg

## Nutrition - Per 100g

<b>Calories</b>	67.85
<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>	72.75mg
<b>Carbohydrates</b>	15.58g
<b>Fiber</b>	5.78g
<b>Total Sugar</b>	8.23g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.99g
<b>Vitamin A</b> 18096.67mcg RAE	<b>Vitamin C</b> 27.86mg
<b>Calcium</b> 77.01mg	<b>Iron</b> 1.35mg