

Garden Salad w/Dinner roll - Elementary (LR100033)

HACCP Process: Process 1: No Cook
 Allergens: Contains Gluten, Milk, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA, 1 Veg-DG, 1 Veg-RO
 Number of Servings: 1 Serving Size: 1 salad
 Moisture gain/loss%: 0.0000 Yield: 14 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Lettuce, 80% Romaine 20% Spring Mix Blend, Taylor Farms, 1061162895797, Veg-DG SI106122	3 Cup
				Carrot, Matchstick Shredded, 1/8" Fresh, Cross Valley Farms, 9342007, Veg-RO SR100491	1/2 Cup
				Tomatoes, red, ripe, raw, year round average 11529	1/2 cup, chopped or sliced
				Cucumber, with peel, raw SR105245	1/4 cup slices
				Cheese, Cheddar, Shredded, Imitation, Glenview Farms, 072348, MMA SR100620	1/2 cup serving
				Bread, Split Top Wheat Dinner Roll, Nickles, 1975, WGR SR102419	2 Each

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	38.21	18.33	48.12	17.88	9.954

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
93.716	3.978	1.908	0(M)	9.497	285.523	11.274	2.374	2.332	4.19	0.771	88.586	3589.99	6.47	27.814 (M)	0.139(M)

Nutrients per serving (394.859 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
370.046	15.709	7.535	0(M)	37.5	1127.41	44.516	9.373	9.209	16.543	3.046	349.791	14175.4	25.547	109.828 (M)	0.549(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.