

Garden Salad - Lebo (LR100060)

HACCP Process: Process 1: No Cook
 Allergens: Contains Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA, 1 5/8 Veg-DG, 1/4 Veg-RO, 1/8 Veg-O
 Number of Servings: 1.00 Serving Size: 1 salad
 Moisture gain/loss%: 0.0000 Yield: 1 Pound, 2 5/8 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
				Salad Mix, Lettuce Blend, Romaine Spring Mix, Markon, 92579, Veg-DG SI106170	3 Cup
				Tomatoes, Raw, Cherry, Commodity, Veg- RO SI101498	2 medium whole (2-3/5" dia)
				Cucumber, with peel, raw 11205	1/8 cup slices
				Carrot, Matchstick Shredded, 1/8" Fresh, Cross Valley Farms, 9342007, Veg-RO SI100117	1/8 Cup
				Cheese, mozzarella, low moisture, part-skim, shredded 1271	2 Ounce
				Broccoli, flower clusters, raw 11740	1/8 cup flowerets
				Bread, Dinner Roll, Split Top Whole Grain White, Nickles, 1977, WGR SI105359	2 Each

- Preparation Instructions**
- PLACE 3 CUPS OF SPRING MIX WITH ROMAINE IN A BLACK SQUARE CONTAINER
 - PLACE 2 WHOLE CHERRY TOMATOES CUT IN HALF IN A ROW ON TOP OF THE SALAD
 - PLACE 2 SLICES OF CUCUMBERS, SLICED IN HALF MOONS IN A ROW ON TOP OF THE SALAD
 - PLACE 1/8 CUP OF SHREDDED CARROTS IN A ROW ON TOP OF THE SALAD
 - PLACE 2 OZ OF SHREDDED MOZZARELLA CHEESE IN A ROW ON TOP OF THE SALAD
 - PLACE BROCCOLI FLORETTES IN A ROW ON TOP OF THE SALAD
 - Place dinner rolls in corners of salad

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	29.16	14.36	49.89	22.58	12.198

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)
77.699	2.517	1.24	0.077(M)	7.014	137.916	9.69	2.067	2.369	4.386	0.923	110.718	2687.96	7.843	8.724(M)	0.433(M)

Nutrients per serving (525.415 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)
408.242	13.227	6.514	0.402(M)	36.855	724.63	50.915	10.862	12.449	23.044	4.852	581.73	14122.9	41.207	45.836 (M)	2.274(M)

(M) Indicates missing values.

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