

# John Stalker Institute

**000028 - Farm Fresh Veggie Sticks**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

011960 CARROTS,BABY,RAW... 5 LB 011143 CELERY,RAW..... 7 LB 902419 Jicama..... 10 LB	1. Remove baby carrots from bags and rinse. Wash celery, and slice into sticks. Peel jicama with a sharp knife, and slice into pieces the size of french fries.
	2. Arrange mixed vegetables into cups or on plates. Serve with a favorite dipping sauce or dressing.  CCP: Hold for cold service at 41° F or lower.
	VARIATIONS:  *Other vegetables to consider may include cucumber, zucchini, broccoli, cauliflower, cherry tomatoes, or fresh fennel.

\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	61 kcal	Cholesterol	0.00 mg	Protein	1.48 g	Calcium	47.48 mg	2.47%	Calories from Total Fat
Total Fat	0.17 g	Sodium	89.96 mg	Vitamin A	696.66 RE	Iron	1.08 mg	0.55%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	13.94 g	Vitamin A	6577.96 IU	Water <sup>1</sup>	*101.58* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.87 g	Vitamin C	*3.15* mg	Ash <sup>1</sup>	*0.76* g	91.69%	Calories from Carbohydrates
								9.76%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**