

## 825127 - Strawberry Spinach Salad

Source: K12 Culinary Number of Portions: 25 Size of Portion: 1 1/4 cup

Components:

Meat/Alt: Grains:

Fruit: 0.25 cup Vegetable: 0.5 cup

Milk:

HACCP Process: #1 No Cook

Recipe Subgroups: Vegetable, Dark Green Attributes: Meat/Meat Alter Vegetables Fruits

Ingredients	Measures	Instructions			
ingredients	Wedsures				
0.440544 ETTUGE 000 OD DOMANUE DAVA	4.11.	CCP: No bare hand contact with ready to eat food.			
011251 LETTUCE,COS OR ROMAINE,RAW	1 lb + 1 oz	Weigh shredded lettuce and set aside for salad assembly. Purchased, precut			
011457 SPINACH,RAW	2 LBS (EP)	romaine does not require rinsing before use.			
		For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 1 lb. 1 oz. equals approximately 11 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).			
		Weigh requried amount of pre-washed spinach.			
		Combine spinach and romaine by tossing lightly.			
		CCP: Hold at 41 degrees F. or lower.			
09316 STRAWBERRIES,RAW 1 lb + 4 ozs		Weigh, then rinse strawberries under running water.			
		Cut into quarters. For quality, hold at 41 degrees F or below.			
		CCP: No bare hand contact with ready to eat food.			
825962 Mandarin Orange Sections, Whole Dole	2 lbs	Drain mandarin oranges and then weigh required amount.			
		(Note: 1 pound equals approximately 1 ½ cups drained oranges.)			
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		In a large bowl or container, gently combine cut strawberries and mandarin oranges. For quality, hold at 41 degrees F or below.			
		oranges. For quality, floid at 41 degrees For below.			
		CCP: No bare hand contact with ready to eat food.			
		Assemble the salads in an 8 ounce flat portion cup in the following order:			
		Place 1 cup romaine/spinach mixture in container.			
		Top with 1/4 cup (no. 16 disher) of the strawberry/mandarin orange mixture.			
		CCP: Hold and Serve at 41 degrees F. or lower.			
		Salad may be offered with a variety of salad dressings A light vinaigrette-type			
		is recommended. Follow the recommendations of the menu planner.			

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.

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## \*Nutrients are based upon 1 Portion Size (1 1/4 cup)

Nutricina die bascu aport i i ordon olze ( i 1/4 cap)									
Calories	43 kcal	Cholesterol	0 mg	Sugars	6.8 g	Calcium	45.91 mg	5.64% Calories from Total Fat	
Total Fat	0.27 g	Sodium	33 mg	Protein	1.43 g	Iron	1.37 mg	0.71% Calories from Saturated Fat	
Saturated Fat	0.03 g	Carbohydrates	9.34 g	Vitamin A	5111.2 IU	Water <sup>1</sup>	*72.03* g	0.00% Calories from Trans Fat	
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.81 g	Vitamin C	30.5 mg	Ash <sup>1</sup>	*0.83* g	87.59% Calories from Carbohydrates	
								13.37% 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
1 - denotes optional nutrient values

- <sup>2</sup> Trans Fat value is provided for informational purposes only, not for monitoring purposes.