

# Spring • Grades K-8

## **Tossed Side Salad**

**Number of Portions: 25** 

**HACCP Process**: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup dark green, ¼ cup other)

Portion Size: 1-1/4 cups

### Ingredients

Romaine lettuce, chopped 12-½ cups

Spinach (raw), chopped  $3 \text{ qt} + \frac{1}{2} \text{ cup}$ 

Carrots, chopped 1-½ cups + 1 tbsp (~3 medium carrots)

Green peppers, chopped 1-½ cups + 1 tbsp (~1-½ medium peppers)

Cucumber, sliced 1-½ cups + 1 tbsp (~1 medium cucumber)

Tomato, chopped 1-½ cups + 1 tbsp (~2 large tomatoes)

#### **Instructions**

- 1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
- 2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
- 3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

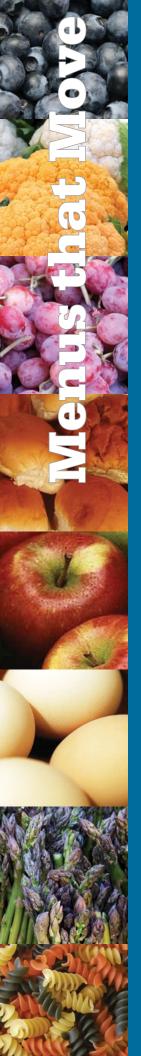
CCP: Hold all ingredients for cold service at 41°F or below.

### **Nutrition Information**

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.

### Ohio Department of Education



# Spring • Grades K-8

## **Tossed Side Salad**

**Number of Portions: 50** 

**HACCP Process**: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup dark green, ¼ cup other)

Portion Size: 1-1/4 cups

### Ingredients

Romaine lettuce, chopped 25 cups

Spinach (raw), chopped 1-½ gal + 1 cup

Carrots, chopped 3-1/8 cups (6 – 7 medium carrots)

Green peppers, chopped 3-1/8 cups (3 – 4 medium peppers)

Cucumber, sliced 3-1/8 cups (~2 medium cucumbers)

Tomato, chopped 3-1/8 cups (~5 medium tomatoes)

#### **Instructions**

- 1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
- 2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
- 3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

CCP: Hold all ingredients for cold service at 41°F or below.

### **Nutrition Information**

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<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.