

Tossed Salad

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Romaine lettuce, washed and shredded		25 cups			1. Combine romaine lettuce and diced tomatoes. 2. Toss lightly to mix. 3. Cover. Refrigerate until ready to serve. 4. CCP: Refrigerate and hold at 41° F or colder. 5. Mix lightly before serving.
*Fresh tomato, washed and diced		3 cup			

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Notes:
Nutrients calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Romaine lettuce, untrimmed	3 lb 4 oz	6 lb 8 oz
Tomatoes,	1 lb 7 oz	2 lb 14 oz

Serving: ½ cup
1-2 years: Do not serve to under 3 years old
3-5 years: ¼ cup
6-18 years: varies, see menu

Nutrients Per Serving					
Calories	6	Saturated Fat	0.01 g	Iron	0.26 mg
Protein	0.38 g	Cholesterol	0 mg	Calcium	8.84 mg
Carbohydrate	1.19 g	Vitamin A	106.84 RAE mcg	Sodium	2.42 mg
Total Fat	0.09 g	Vitamin C	2.42 mg	Dietary Fiber (2016)	0.62 g