



**RECIPE NAME:** Romaine Salad

**File No:**

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil: Tongs	
Servings per Pan:	

Recipe Adapted From:  
Healthier Kansas



Ingredients	Weight	Measure	Procedure
Lettuce, Romaine, Chopped Tomatoes, Chopped Carrots, Chopped Cucumber, Chopped	3 lb 8 oz	4 cups 4 cups 9 cups	1. Wash and chop the romaine lettuce, tomatoes, carrots and cucumbers. 2. Combine all ingredients in a large bowl, toss well.  CCP: Hold for cold service at 41°F or lower.
Total Yield:		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above):  DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
	¼ c.		⅛ c.		⅛ c.	
Fruits						
Grains						
Calories:	15					
Saturated Fat (g):	0.04 g					
Sodium (mg):	10.80 mg					