

Tossed Salad

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Romaine lettuce, fresh, washed, shredded		50 cups			<p>1. Combine romaine lettuce and diced tomatoes.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>2. Toss lightly to mix.</p> <p>3. Cover. Refrigerate until ready to serve.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p>4. Mix lightly before serving.</p> <p><i>Cold foods must be held under temperature control at 41°F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41°F.</i></p>
Tomato, fresh, washed, diced		6 cup			

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Notes:
Nutrients calculated using Food Processor.

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

Nutrients Per Serving					
Calories	12	Saturated Fat	0.01 g	Iron	0.26 mg
Protein	0.38 g	Cholesterol	0 mg	Calcium	8.84 mg
Carbohydrate	2.5 g	Vitamin A	106.84 RAE mcg	Sodium	2.42 mg
Total Fat	0.09 g	Vitamin C	2.42 mg	Dietary Fiber (2016)	1.2 g