

Garden Salad - CACFP



GENERAL INFORMATION

Recipe #	Category	Source
1687874	Vegetables	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Lettuce, green leaf, raw	1 lbs., 2 ¼ oz.		
Tomatoes, red, ripe, raw, year round average	4 ⅞ oz. cherry		
Cucumber, with peel, raw	8 oz.		
Carrots, baby, raw	3 ⅞ oz.		

PREPARATION INSTRUCTIONS

HACCP Process: #1 - No Cook

1. Wash produce, cut lettuce into bite sized pieces, half the cherry tomatoes, and slice cucumber. Quarter baby carrots.
2. Toss tomatoes, cucumber, and carrots together in a bowl until mixed.
3. Place all ingredients in a large bowl or service container.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.



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Serving Size	Yield
1 Cup	6

Nutrition Facts

Serving Size 1 Cup (164 gm)			
Amount Per Serving			
Calories		28.973	
		% Daily Value*	
Total Fat	0.239 gm	0.368 %	
Saturated Fat	0.042 gm	0.208 %	
Trans Fat	0.000 gm		
Cholesterol	0.000 mg		
Sodium	40.166 mg	1.674 %	
Total	6.209 gm	2.07 %	
Carbohydrate			
Dietary Fiber	2.106 gm	8.423 %	
Total Sugars	2.757 gm		
Includes N/A* of Added Sugars			
Protein	1.731 gm	3.462 %	
Vitamin A	9,112.047 iu	182.241 %	
Vitamin C	12.555 mg	20.926 %	
Vitamin D	0.000 mcg		
Calcium	45.087 mg	4.509 %	
Iron	1.069 mg	5.937 %	
Potassium	318.955 mg	6.786 %	
Saturated Fat % of Calories		1.292%	

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Dark Green	0.5 cups

MY SCHOOL MENUS

Red/Orange	0.25 cups
Other Vegetables	0.25 cups

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
01-23-2025

Created
10-02-2024