

# Greek Salad - NSLP

## General Information

| Recipe # | Category                                                                                     | Source |
|----------|----------------------------------------------------------------------------------------------|--------|
| 2012135  | Vegetables  | Local  |

## Ingredients

| Name                                                              | Quantity       | +Quantity 2 |
|-------------------------------------------------------------------|----------------|-------------|
| Lettuce, cos or romaine, raw                                      | 9 lbs., 4 oz.  |             |
| Tomatoes, red, ripe, raw, year round average                      | 13 lbs., 4 oz. |             |
| Cucumber, with peel, raw                                          | 4 lbs., 12 oz. |             |
| Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914 | 5 lbs.         |             |
| Peppers, sweet, green, raw                                        | 5 lbs., 4 oz.  |             |
| Olives, ripe, canned (small-extra large)                          | 5 lbs., 8 oz.  |             |
| Cheese, mozzarella, nonfat                                        | 8 lbs.         |             |

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash lettuce, dry, and chop into 3/4 inch strips. Chop tomatoes, onions, and peppers.
2. Layer salad in order of ingredients into individual bowls using 1 cup of romaine for each salad. Hold at 41 degrees F or lower for service.

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.



## Greek Salad - CACFP

| Serving Size | Yield  |
|--------------|--------|
| 1 Cup        | 100.00 |

## Nutrition Facts

| Serving Size 1 Cup (231 gm)               |                  |                |
|-------------------------------------------|------------------|----------------|
| Amount Per Serving                        |                  |                |
| Calories                                  |                  | 112.180        |
|                                           |                  | % Daily Value* |
| Total Fat                                 | 3.030 gm         | 4.661%         |
| Saturated Fat                             | 0.624 gm         | 3.118%         |
| Trans Fat                                 | 0.000* gm        |                |
| Cholesterol                               | 6.532 mg         | 2.177%         |
| Sodium                                    | 460.487 mg       | 19.187%        |
| Total Carbohydrate                        | 9.915 gm         | 3.305%         |
| Dietary Fiber                             | 3.474 gm         | 13.895%        |
| Total Sugars                              | 4.315 gm         |                |
| Includes 0.000 gm of Added Sugars         |                  |                |
| Protein                                   | 13.256 gm        | 26.511%        |
| Vitamin A                                 | 263.866* mcg RAE | 29.318%        |
| Vitamin C                                 | 29.886* mg       | 49.81%         |
| Vitamin D                                 | 0.000* mcg       |                |
| Calcium                                   | 396.360* mg      | 39.636%        |
| Iron                                      | 2.390* mg        | 13.276%        |
| Potassium                                 | 382.866 mg       | 8.146%         |
| Saturated Fat % of Calories               |                  | 5.002 %        |
| Added Sugar % of Calories                 |                  | 0.000 %        |
| * 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

| Component  | Measurement |
|------------|-------------|
| Dark Green | 0.5 cups    |

Dates

Last Updated  
10-31-2025

Created  
10-31-2025

|                  |           |
|------------------|-----------|
| Red/Orange       | 0.25 cups |
| Other Vegetables | 0.25 cups |

Added Sugar Limitations ⓘ

Not applicable.

Vendors

US Foods 🇺🇸

Edit Recipe