

Tossed Salad with Spinach

Fruit/Vegetable

Vegetable

Region 12

Notes:

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving:	Yield:	Volume:
Serving is ½ cup	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	5	Saturated Fat	0.00 g	Iron	0.31 mg
Protein	0.40 g	Cholesterol	0 mg	Calcium	9.46 mg
Carbohydrate	1.03 g	Vitamin A	1079.8 IU	Sodium	6 mg
Total Fat	0.01 g	Vitamin C	3.69 mg	Dietary Fiber	0.68 g

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