

Tossed Salad

Vegetable

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MS-924

Notes:

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

Serving:	Yield:	Volume:
½ cup lettuce and 1/8 cup tomato serving provides ½ cup vegetable. Tomato is just for garnish and is not being counted.	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	10	Saturated Fat	0.01 G	Iron	0.24 Mg
Protein	0.60 G	Cholesterol	0 Mg	Calcium	9.96 Mg
Carbohydrate	2.23 G	Vitamin A	422 IU	Sodium	5 Mg
Total Fat	0.11 G	Vitamin C	4.46 Mg	Dietary Fiber	0.80 G

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