

Spring Green Salad



1 Serving Provides:

CACFP: ½ cup Vegetables, ½ cup Fruit

NSLP: ½ cup Dark Green Vegetables, ½ cup Fruit

SFSP: ½ cup Vegetables, ½ cup Fruit

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Baby spinach, fresh, washed	2 pounds	3 quarts	4 pounds	1 gallon + 2 quarts
Mandarin oranges, canned, drained	2 pounds	3 cups	4 pounds	1 quart + 2 cups
Strawberries, fresh, trimmed, quartered	1 pound 4 ounces	3 cups	2 pounds 8 ounces	1 quart + 2 cups
Salad dressing of choice	12 ounces		25 ounces	



Directions

1. Place 1 (packed) cup baby spinach leaves into each portion container. Top with ¼ cup each of the mandarin oranges and fresh strawberries.

CCP: Hold for cold service at 41°F or below.

Serve each portion with 1 ounce of salad dressing.

Serving	Yield	Volume
1 salad	12 Servings: about 5 pounds 25 Servings: about 10¾ pounds	12 Servings: 1 gallon 25 Servings: 2 gallons

Nutrients Per Serving					
Calories	77	Sodium	62 mg	Vitamin A	7749 IU
Total Fat	0.5 g	Carbohydrate	18 g	Vitamin C	62 mg
Saturated Fat	0 g	Dietary Fiber	3 g	Iron	2.4 mg
Cholesterol	0 mg	Protein	3 g	Calcium	85 mg