

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	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Baby spinach, fresh, washed	8 pounds	3 gallons	16 pounds	6 gallons
Mandarin oranges, canned, drained	8 pounds	3 quarts	16 pounds	1 gallon + 2 quarts
Strawberries, fresh, trimmed, quartered	5 pounds	3 quarts	10 pounds	1 gallon + 2 quarts
Salad dressing of choice	50 ounces		100 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	50 Servings: about 21½ pounds 100 Servings: about 43 pounds	50 Servings: 4 gallons 100 Servings: 8 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