

RAW VEGGIES WITH DIP (FRESH)

MEAL COMPONENT CONTRIBUTION:

¼ cup red/orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (RED/ORANGE) : VEGETABLES (DARK GREEN) :
VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Raw, Mini, Peeled, #4002	4 pounds
Broccoli, Fresh Florets, #4000	2 pounds + 4 ounces
Cauliflower, Fresh, Raw, Chunks, #4004	3 pounds
Tomatoes, Cherry, Fresh, #4108	4 pounds + 10
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, 12 Gram, Fat-Free 1000 Island, #2207	50 packets

DIRECTIONS

- Place individual 4 ounce serving containers on sheet pans (18" x 26" x 1").
- If vegetables are not prewashed, rinse them under cool, running water. Drain them thoroughly.
- If needed, cut the broccoli and cauliflower into bite-sized pieces.
- Portion 1/8 cup of each fresh vegetable for total of ½ cup serving in each individual portion container. Add 1 packet of fat free dressing to each container.
- Cover tightly with plastic wrap and store under refrigeration until ready to serve.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 container per serving. Each portion provides ¼ cup red/orange vegetable, 1/8 cup dark green vegetable, and 1/8 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Salads" provides seasoning and serving ideas for salads.

SERVING NOTES

Presentation Ideas: Use a variety of vegetables with different colors. Try new vegetables like cucumbers, squash, radishes, celery, and baby carrots.

If other vegetables are served, refer to the Food Buying Guide to determine amount to serve and recalculate nutritional analysis and contributions of recipe.

NUTRIENTS PER SERVING

Calories	33	Dietary Fiber	1.51 g	Sodium	141.22 mg	Sat. Fat	0.03 g
Carbohydrates	6.95 g	Protein	0.92 g	Total Fat	0.18 g	Trans Fat	0.00 g