

# Idaho Child Nutrition Programs

**Recipe: 000010 Strawberry Green Salad K-8**

Recipe Source: Chef Brenda  
 Recipe Group: SALADS

**Recipe HACCP Process:**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 1 1/8 Cup

050370 STRAWBERRIES, FROZEN, THAWED, SLICED OR DICED... 011251 LETTUCE, COS OR ROMAINE, RAW..... 011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB), R.....	5 CUP 12 7/8 LB 2 LB	Prepare Ingredients: Thaw strawberries halfway. Chop lettuce into bite-sized pieces and slice green onions.
002053 VINEGAR, DISTILLED..... 004582 VEGETABLE OIL, CANOLA..... 002020 GARLIC POWDER..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK.....	1/2 CUP 2 CUP 1/4 TBSP 1/4 TBSP 1/4 TBSP	Prepare Dressing: In a blender, mix partially frozen strawberries and juice, vinegar, vegetable oil, garlic powder, salt, and pepper. Making the salad dressing the day before provides the best consistency and flavor. Store in refrigerator.  NOTE: This recipe calls for USDA Foods strawberries, which are sweetened. A sweetener will need to be added to this recipe for best flavor if using unsweetened frozen strawberries or any other fruit without added sugar.
011124 CARROTS, RAW.....	2 1/2 LB, shredded	Prepare Salad: Toss lettuce pieces, sliced green onions, and shredded carrots in a large bowl. Do not toss salad with dressing until just before serving, as salad will wilt and become soggy if dressing is added too early.

\*Nutrients are based upon 1 Portion Size (1 1/8 Cup)

Calories	70 kcal	Cholesterol	0.00 mg	Protein	1.06 g	Calcium	30.99 mg	61.01%	Calories from Total Fat
Total Fat	4.72 g	Sodium	32.07 mg	Vitamin A	475.14 RE	Iron	0.81 mg	4.68%	Calories from Saturated Fat
Saturated Fat	0.36 g	Carbohydrates	7.00 g	Vitamin A	7056.70 IU	Water <sup>1</sup>	*74.19* g	*0.23%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.02* g	Dietary Fiber	2.02 g	Vitamin C	9.98 mg	Ash <sup>1</sup>	*0.57* g	40.23%	Calories from Carbohydrates
								6.09%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.625 cup				? - Tree Nut
Milk.....	cup				? - Fish
<b>Moisture &amp; Fat Change</b>					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050370	STRAWBERRIES, FROZEN, THAWED, SLICED			
I	011251	LETTUCE, COS OR ROMAINE, RAW			
I	011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS			
I	002053	VINEGAR, DISTILLED			
I	004582	VEGETABLE OIL, CANOLA			
I	002020	GARLIC POWDER			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	011124	CARROTS, RAW			

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