

Hydroponic Lettuce

Featured Item: Hydroponic Lettuce
 Serving Size: 1/2 cup • Yield 50

HACCP Process #1:
 No Cook

Child Nutrition Credit:
 0.5 cups Vegetables

INGREDIENTS

3 pounds, 3 1/8 oz. Hydroponic Lettuce, LOCAL, cos, or romaine, raw



DIRECTIONS

1. Chop hydroponic lettuce.
2. Top with your favorite local veggies and serve.

NUTRITION FACTS

Calories: 5
Total Fat: 0g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 2mg
Total Carbohydrate: 1g
 Dietary Fiber: 1g
 Total Sugars: 0g
Protein: 0g

Child nutrition crediting and nutrition facts may vary based on specific products used.



Scan the code to learn more about Harvest of the Month.

Roasted Root Vegetable Salad

Featured Item: Hydroponic Lettuce
Serving Size: 1 Salad • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
1 cup of Dark Green
0.125 Cups Red/Orange
0.125 Cups Starchy

INGREDIENTS

3 gallon, 1 pint	Lettuce, local, hydroponic
1 quart, 1/3 cup	Sweet potatoes, cubed
1 quart, 1 pint, 1 cup	Red potatoes, diced
1 quart, 1/3 cup	Butternut squash, cubed
1/3 cup	Olive oil
1 teaspoon	Salt
1 7/8 teaspoon	Black pepper



DIRECTIONS

1. Prep vegetables: Sweet potatoes should scrubbed, peeled and cubed. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are diced into a similar size.
2. Pre-heat oven to 350°F. Toss all the vegetables with olive oil, salt and pepper. Place on a rimmed baking sheet. Spread vegetables out so they do not steam. Roast in the oven, 20-30 minutes, or until tender and vegetables are lightly browned.

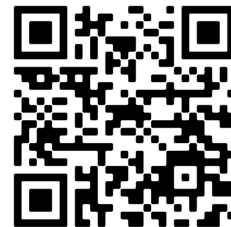
To prepare salad:

1. Clean and chop lettuce.
2. To prepare salad: Top 1 cup of lettuce with 1/4 C roasted root vegetables.

NUTRITION FACTS

Calories: 52
Total Fat: 2g
 Saturated Fat: 0.3g
 Trans Fat: 0 g
Cholesterol: 0mg
Sodium: 55mg
Total Carbohydrate: 8g
 Dietary Fiber: 1.5g
 Total Sugars: 1g
Protein: 1g

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Tangerine Chicken Lettuce Wrap

Featured Item: Hydroponic Lettuce
Serving Size: 1 wrap • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
1.5 ounces Meat/Meat Alternate
1.25 ounces Whole Grain Equivalent
0.25 Cups of Red/Orange
0.125 Cups of Dark Green

INGREDIENTS

9 pounds, 6 ounces Tyson Tangerine Chicken
1 pint, 1 cup, 2 tablespoons Carrots, shredded
1 gallon, 2 quarts, 1 cup Brown rice, cooked
50 Hydroponic Lettuce leaves, local



DIRECTIONS

Prepare Chicken: CONVECTION/CONVENTIONAL OVEN (BEST)- 1. Pre-heat oven to 350 F Convection / 400 F Conventional. 2. Spread frozen chicken pieces evenly on a sheet pan with parchment paper. 3. Bake frozen chicken pieces in oven for 40-45 minutes until golden brown and crispy.

Sauce: SAUCE IN BAG (PRODUCT MUST BE THAWED): BOIL IN BAG/STEAMER (BEST)- Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 F.
Add popcorn chicken to sauce.

Prepare rice: STEAMER METHOD: In a full-size steamer pan combine rice with hot water. Cover and steam for 30 min. Fluff with fork and cook until tender: typically another 10-15 min.

Serve 1 lettuce wraps. Top lettuce leaf with 3 oz chicken and 1 T shredded carrots. Serve with 1/2 C rice,

NUTRITION FACTS

Calories: 282
Total Fat: 6g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 39mg
Sodium: 329mg
Total Carbohydrate: 45g
Dietary Fiber: 2g
Total Sugars: 10g
Protein: 12g

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Hydroponic Lettuce

Featured Item: Hydroponic Lettuce
Serving Size: 1/2 cup • Yield 6

HACCP Process #1:
No Cook

Child Nutrition Credit:
0.5 cups Dark Green

INGREDIENTS

6 ¼ ounces Hydroponic Lettuce, LOCAL, cos, or romaine, raw



DIRECTIONS

1. Chop hydroponic lettuce.
2. Top with your favorite local veggies and serve.

NUTRITION FACTS

Calories: 5
Total Fat: 0g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 2mg
Total Carbohydrate: 1g
 Dietary Fiber: 1g
 Total Sugars: 0g
Protein: 0g

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Roasted Root Vegetable Salad

Featured Item: Hydroponic Lettuce
Serving Size: 1 Salad- yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
1 Cup of Dark Green
0.125 Cups of Red/Orange
0.125 Cups of Starchy

INGREDIENTS

1 quart, 1 pint Lettuce, local, hydroponic
1/2 cup Sweet potatoes, cubed
3/4 cup Red potatoes, diced
1/2 cup Butternut squash, cubed
2 ½ teaspoon Olive oil
1/8 teaspoon Salt
¼ teaspoon Black pepper



DIRECTIONS

1. Prep vegetables: Sweet potatoes should scrubbed, peeled and cubed. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are diced into a similar size.
2. Pre-heat oven to 350°F. Toss all the vegetables with olive oil, salt and pepper. Place on a rimmed baking sheet. Spread vegetables out so they do not steam. Roast in the oven, 20-30 minutes, or until tender and vegetables are lightly browned.

To prepare salad:

1. Clean and chop lettuce.
2. To prepare salad: Top 1 cup of lettuce with 1/4 C roasted root vegetables.

NUTRITION FACTS

Calories: 53
Total Fat: 2g
Saturated Fat: 0.3g
Trans Fat: 0 g
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Sodium: 55mg
Total Carbohydrate: 8g
Dietary Fiber: 1.5g
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 Serving Size: 1 wrap • Yield 6

HACCP Process #2:
 Same day service

Child Nutrition Credit:
 1.5 ounces of Meat/Meat Alternate
 1.25 ounces pf Whole Grain Equivalent
 0.25 Cups of Red/Orange
 0.125 Cups of Dark Green

INGREDIENTS

1 pounds, 2 ounces Tyson Tangerine Chicken
⅓ cup, 2 tablespoons Carrots, shredded
1 quarts, 1 cup Brown rice, cooked
6 Hydroponic Lettuce leaves, local



DIRECTIONS

Prepare Chicken: CONVECTION/CONVENTIONAL OVEN (BEST)- 1. Pre-heat oven to 350 F Convection / 400 F Conventional. 2. Spread frozen chicken pieces evenly on a sheet pan with parchment paper. 3. Bake frozen chicken pieces in oven for 40-45 minutes until golden brown and crispy.

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