



Connecting schools and students
with local farms and fresh,
nutritious foods!

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Building Strong and Vibrant New York Communities

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F2S Sunshine Salad

Servings: 4

Ingredients

- 4 cups Kale, chopped
- 4 cups Romaine lettuce, chopped
- 1 can Mandarin oranges, drained
- Poppy seed or Vinaigrette style dressing

Instructions

1. Rinse greens under cold running water and pat dry.
2. Chop and combine the kale and romaine lettuce.
3. Drain and add mandarin oranges.
4. Can substitute with sliced fresh oranges or strawberries.
5. Top with dressing of choice.
6. Makes four servings.

Nutrition Facts

4 servings per container

Serving size

2 cups

Amount per serving

Calories

50

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 71mg **6%**

Iron 1mg **6%**

Potassium 209mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.