

Fresh Fruit Plate

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Fruit Salad

Nutrition Information

Calories	2024.03	Protein	41.01g
Fat	11.71g	SaturatedFat	1.83g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	491.97g	Fiber	28.40g
Sugar	380.03g	Sodium	258.00mg
Iron	15.71mg	Vitamin C	553.10mg
Vitamin A	30362.10IU	Calcium	592.77mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	212768	STRAWBERRY CLAMSHELL 8 MRKN	
1 Cup	728489	PINEAPPLE GLDN 6-7CT P/L	
1 Cup	326089	WATERMELON RED SDLSS 2CT P/L	
1 Cup	690236	MELON MUSK CANTALOUPE 4-1CT P/L	
1 Cup	197831	GRAPE RED SDLSS 9-2AVG MRKN	
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
5 Ounce	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	

Preparation Instructions

Prepare (cut up and wash) 1 cup of variety of Fruits depending on season.