

# Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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Chilled Fruit, Assorted

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NO IMAGE

<b>Servings:</b>	0.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	0 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GFS	0 #10 CAN		225304
PEACH DCD XL/S 6-10 GFS	0 #10 CAN		268348
PEAR DCD XL/S 6-10 GFS	0 #10 CAN		290203

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	248.32		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	41.39mg		
<b>Carbohydrates</b>	60.01g		
<b>Fiber</b>	5.17g		
<b>Sugar</b>	51.73g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	413.86IU	<b>Vitamin C</b>	2.48mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg