

Cookbook for

Created by HPS Menu Planner

Table of Contents

[Mandarin & Pineapple Cup](#)

Mandarin & Pineapple Cup

Servings:	1.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	3/8 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	3/8 Cup		152811

Preparation Instructions

PLEASE USE COMMODITY FRUIT WHENEVER POSSIBLE

Layer 3/8 cup mandarin oranges on top of 3/8 cup pineapple tidbits in each cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.760
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	121.60
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.60mg
Carbohydrates	27.36g
Fiber	0.76g
Sugar	25.84g
Protein	1.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.76mg	Iron 1.06mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available