

KIWI Healthy Challenge-Fruit Rainbow

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46115
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI	1 Each		287008
Banana	1		197769
APPLE GALA	1 Each		197718
CLEMENTINE	1 Each		722451

Preparation Instructions

Wash and Prepare Veggie- create the rainbow for students to select Veggies

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.625
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.65
Fat	0.18g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.95mg
Carbohydrates	16.75g
Fiber	2.28g
Sugar	11.00g
Protein	0.83g
Vitamin A	29.78IU
Vitamin C	19.47mg
Calcium	13.52mg
Iron	0.21mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
