

Melon Healthy Challenge-Fruit Rainbow

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46118
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
CLEMENTINE	1 Each		722451
CANTALOUPE HNYDEW CHNK	4 Ounce		838411

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.663
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	64.90
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.33mg
Carbohydrates	16.70g
Fiber	1.98g
Sugar	11.50g
Protein	0.78g
Vitamin A	17.28IU
Vitamin C	1.47mg
Calcium	11.70mg
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
