

Pineapple Healthy Challenge-Fruit Rainbow

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46630
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
CLEMENTINE	1 Each		722451
Pineapple Cups	1/2 Serving		R-46629

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	0.563
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	82.75		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	20.96g		
Fiber	2.15g		
Sugar	14.84g		
Protein	0.58g		
Vitamin A	17.28IU	Vitamin C	1.47mg
Calcium	11.51mg	Iron	0.29mg

*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
