

Captain Johnny POP Fruit Squeeze

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50006
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORANGE	1 Each		563710
SORBET CUP CHRY/BLUERASPB	1 Each		602382
SORBET CUP STRAWB/KIWI	1 Each		602362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	86.67
Fat	0.50g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	1.67mg
Sodium	10.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	17.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available