

Grapes Healthy Challenge-Fruit Rainbow

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46116
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
CLEMENTINE	1 Each		722451
GRAPES GREEN SEEDLESS	1/2 Cup		197858

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	0.688
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	66.97
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.74mg
Carbohydrates	17.17g
Fiber	1.96g
Sugar	11.83g
Protein	0.71g
Vitamin A	38.28IU
Vitamin C	2.31mg
Calcium	11.84mg
Iron	0.20mg

*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
