

Pears Healthy Challenge-Fruit Rainbow

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46117
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
CLEMENTINE	1 Each		722451
PEAR 95-110CT MRKN	1 Each		198056

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	0.688
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	75.40
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	19.75g
Fiber	3.03g
Sugar	12.50g
Protein	0.83g
Vitamin A	17.28IU
Vitamin C	1.47mg
Calcium	12.61mg
Iron	0.22mg

*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
