

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