

Pineapple Healthy Challenge-Fruit Rainbow

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| 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