

Cherry 5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51252
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cherries, Sweet, Frozen	2 Package		110872
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

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: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	92.87
Fat	1.06g
SaturatedFat	1.13g
Trans Fat	0.01g
Cholesterol	0.00mg
Sodium	29.23mg
Carbohydrates	20.14g
Fiber	1.85g
Sugar	15.51g
Protein	0.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 4.44mg	Iron 0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available