

FRESH PLUMS



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9365
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PLUM 40-60CT	1 Each		164178

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		30.40	
Fat		0.20g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		8.00g	
Fiber		0.90g	
Sugar		7.00g	
Protein		0.50g	
Vitamin A	227.70IU	Vitamin C	6.27mg
Calcium	3.96mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available