

Chilled Fruit



Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16130
School:	SPARROW EARLY CHILDHOOD CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S	1 Cup		224448
APPLESAUCE IN JCE NSA	1 Cup		610283
ORANGES MAND WHL L/S	1 Cup		117897
PINEAPPLE TIDBITS IN JCE	1 Cup		189979
PEAR SLCD XL/S	1 Cup		262706
FRUIT MIXED DCD IN JCE	1 Cup		610348

Preparation Instructions

open, drain and serve

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.198
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	32.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	7.99g		
Fiber	0.40g		
Sugar	7.06g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.77mg	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