

Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8436
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES DOD 113-125 CT 40 LB CS - (14F08)	1 Orange	READY_TO_EAT	14F08

Preparation Instructions

Ready to eat.

CCP: Hold for cold service at 41° F or lower.

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	65.00		
Fat	0.30g		
SaturatedFat	0.04g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.27g		
Fiber	3.40g		
Sugar	12.89g		
Protein	0.99g		
Vitamin A	317.00IU	Vitamin C	63.50mg
Calcium	61.00mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available