

Blue Raspberry Lemon Sidekick



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41703
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

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 Serving

Amount Per Serving			
Calories		90.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		30.00mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	1000.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available