

Watermelon



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Watermelon FR 12 LB- Graves County Schools	1/2 Cup	READY_TO_EAT Hold for cold service at 41° or lower.	15P42

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: 0.50 Serving

Amount Per Serving			
Calories		11.63	
Fat		0.06g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.39mg	
Carbohydrates		2.93g	
Fiber		0.16g	
Sugar		2.41g	
Protein		0.24g	
Vitamin A	10.85IU	Vitamin C	3.15mg
Calcium	2.70mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available