

Grapes



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9398
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes Red SDLS US #1/18 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	14P36

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: 0.50 Cup

Amount Per Serving			
Calories	52.00		
Fat	0.12g		
SaturatedFat	0.04g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	13.67g		
Fiber	0.07g		
Sugar	11.69g		
Protein	0.54g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available