

Variety of Frozen Fruit Cups

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34544
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	1 Each	Commodity Brown Box	100261
Peaches, diced, cups, Frozen	1 Cup	Commodity Brown Box	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	Commodity Brown Box	100256
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1 Cup	Commodity Brown Box	110859

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		115.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.25mg	
Carbohydrates		26.75g	
Fiber		2.50g	
Sugar		22.50g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
