

5 Cup Salad



Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51250
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	3 Cup		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	2 Cup		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		60.47	
Fat		1.06g	
Saturated Fat		1.13g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		29.23mg	
Carbohydrates		12.22g	
Fiber		0.41g	
Sugar		9.03g	
Added Sugar		0.00g	
Protein		0.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available