

Hawaiian Salad

Servings:	25.00	Category:	Fruit
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51251
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979
PUDDING RTS VAN	6 Cup		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	2 Cup		191736

Preparation Instructions

1. Drain fruit from cans
2. Add drained fruit and remaining ingredients to bowl, mix well.
3. Serve a 4 fl. oz. serving.

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: 25.00			
Serving Size: 4.00 Fluid Ounce			
Amount Per Serving			
Calories		185.09	
Fat		1.92g	
Saturated Fat		2.16g	
Trans Fat		0.02g	
Cholesterol		0.00mg	
Sodium		106.65mg	
Carbohydrates		37.49g	
Fiber		0.50g	
Sugar		30.19g	
Added Sugar		0.00g	
Protein		0.82g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	28.55mg	Iron	0.81mg

Nutrition - Per 100g

No 100g Conversion Available
