

Variety of Fruit

Servings:	13.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1 Cup	BAKE	100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each	BAKE	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each		100256
ORANGES MAND WHL L/S	1 Cup		117897
PINEAPPLE TROPICAL GLD	1 Cup	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S	1 Cup		506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1 1 pkg		04134
PEAR	1 Each		198056
BANANA TURNING SNGL 150CT	1 Each		197769
GRAPES RED SDLSS	1 Cup		197831
ORANGES NAVEL/VALENCIA CHC	1 Cup		322326
FRUIT COCKTAIL DCD XL/S	1 Cup		258362

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.115
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	163.85
Fat	0.07g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.81mg
Carbohydrates	42.14g
Fiber	5.07g
Total Sugar	30.56g
Added Sugar	4.31g
Protein	1.52g
Vitamin A 94.52mcg	Vitamin C 8.66mg
Calcium 21.07mg	Iron 0.46mg

Nutrition - Per 100g

No 100g Conversion Available