

Grapes Giggles

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26347
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes Red SDLS US#1 50-1/2 CUP PG/CS- Graves County Schools	1 Package	READY_TO_EAT	18D79

Preparation Instructions

READY_TO_EAT

CCP: Hold for cold service at 41° F or lower.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	104.00		
Fat	0.24g		
Saturated Fat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.02mg		
Carbohydrates	27.30g		
Fiber	1.36g		
Total Sugar	23.40g		
Added Sugar	0.00g		
Protein	1.10g		
Vitamin A	4.54mcg	Vitamin C	4.84mg
Calcium	15.10mg	Iron	0.54mg

Nutrition - Per 100g

No 100g Conversion Available