

Strawberry Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30659
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT CUP	1 Each	Ready To Eat	753931

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

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 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available