

# Fruit & Yogurt Plate

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	Ready To Eat	786580
YOGURT DANIMAL VAN N/F	1 Each	Ready To Eat	200612
CANTALOUPE HNYDEW CHNK	1/2 Cup	Ready To Eat	154415
CRACKER CHEEZ-IT WGRAIN	1 Package	Ready To Eat	512342

## Preparation Instructions

Container-

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

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	315.00
<b>Fat</b>	10.50g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	2.90g
<b>Total Sugar</b>	19.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	13.80g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 337.00mg	<b>Iron</b> 1.41mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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