

Grapes

| | | | |
|----------------------|---------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-9398 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| GRAPES RED LUNCH BUNCH 5 MRKN | 1 Cup | Ready | 121893 |

Preparation Instructions

DOD- 14P36

Ready to eat.

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

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 1.000 |
| 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: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 110.00 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 1.00g | | |
| Total Sugar | 24.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 15.00mg | Iron | 1.00mg |

Nutrition - Per 100g

No 100g Conversion Available