

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

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