

Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8436
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC	1 Each	Ready to eat	322326

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 Each

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	21.00g
Fiber	4.00g
Total Sugar	17.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 350.83mcg	Vitamin C 82.95mg
Calcium 62.37mg	Iron 0.16mg

Nutrition - Per 100g

No 100g Conversion Available