

Banana



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8409
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN	1 Each	READY TO EAT	686503

Preparation Instructions

READY TO EAT

CCP: Store 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	105.00
Fat	0.40g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	1.30g
Vitamin A 75.52mcg	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

Nutrition - Per 100g

No 100g Conversion Available