

Fresh Fruit Seasonal

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53141
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Strawberries	3 1/2 Cup	Thaw strawberries, rinse fruit and take of stem and cut strawberry in halves	212768
PLUM 40-60CT	7 Each		164178
BANANA 1 FRESH STAGE YELLOW 40 DOLE	7 Each		249492
GRAPES GREEN SDLSS ORGNC 18 P/L	3 1/2 Cup		907629
MELON HONEYDEW JMBO	3 1/2 Cup		671004
WATERMELON BIN	3 1/2 Cup		764521
BLUEBERRIES 12-6Z COMM	3 1/2 Cup		889107

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	139.84**
Fat	0.60g**
Saturated Fat	0.10g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	1.20mg**
Carbohydrates	36.11g**
Fiber	4.00g**
Total Sugar	21.67g**
Added Sugar	0.00g**
Protein	1.91g**
Vitamin A 303.22mcg**	Vitamin C 16.54mg**
Calcium 12.13mg**	Iron 0.48mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available