

Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50779
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 Ounce		612448

Preparation Instructions

1/2 cup serving CCP 41F or below for service

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: 3.00 Ounce

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	11.00g		
Added Sugar	9.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Nutrition - Per 100g

Calories	70.55		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.76mg		
Carbohydrates	16.46g		
Fiber	0.00g		
Total Sugar	12.93g		
Added Sugar	10.58g		
Protein	1.18g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.52mg	Iron	0.47mg