

KIWI Healthy Challenge-Fruit Rainbow

NO IMAGE

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46115
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI	1 Each		287008
Banana	1		197769
APPLE GALA	1 Each		197718
MANDARIN VAR	1 Each		722451

Preparation Instructions

Wash and Prepare Veggie- create the rainbow for students to select Veggies

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.625
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.60
Fat	0.18g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.95mg
Carbohydrates	16.75g
Fiber	2.03g
Total Sugar	11.00g
Added Sugar	0.00g**
Protein	0.83g
Vitamin A 29.78mcg	Vitamin C 19.47mg
Calcium 13.57mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available