

Grapes Healthy Challenge-Fruit Rainbow

NO IMAGE

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46116
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
MANDARIN VAR	1 Each		722451
GRAPES GREEN SEEDLESS	1/2 Cup		197858

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	0.688
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	66.92
Fat	0.12g
Saturated Fat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.74mg
Carbohydrates	17.17g
Fiber	1.71g
Total Sugar	11.83g
Added Sugar	0.00g**
Protein	0.71g
Vitamin A 38.28mcg	Vitamin C 2.31mg
Calcium 11.89mg	Iron 0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available