

Pears 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-46117
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
MANDARIN VAR	1 Each		722451
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

Wash and Prepare Fruit- 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	75.35
Fat	0.05g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	19.75g
Fiber	2.78g
Total Sugar	12.50g
Added Sugar	0.00g**
Protein	0.83g
Vitamin A 17.28mcg	Vitamin C 1.47mg
Calcium 12.66mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available