

# Fresh Fruit Seasonal

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	23.15**
<b>Fat</b>	0.09g**
<b>Saturated Fat</b>	0.01g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	0.17mg**
<b>Carbohydrates</b>	5.95g**
<b>Fiber</b>	0.57g**
<b>Total Sugar</b>	3.57g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.35g**
<b>Vitamin A</b> 43.32mcg**	<b>Vitamin C</b> 2.36mg**
<b>Calcium</b> 3.35mg**	<b>Iron</b> 0.11mg**

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

## Nutrition - Per 100g

No 100g Conversion Available