

Variety of Chilled Fruit

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S	1/2 Cup		258362
ORANGES MAND WHL L/S	1/2 Cup		117897
PEACH DCD IN JCE	1/2 Cup		610372
PEACH SLCD XL/S	1/2 Cup		256770
PEAR DCD IN JCE	1/2 Cup		610364
PEAR SLCD XL/S	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	64.97
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.57mg
Carbohydrates	15.88g
Fiber	0.96g
Total Sugar	12.21g
Added Sugar	3.43g
Protein	0.21g
Vitamin A 83.80mcg RAE	Vitamin C 1.04mg
Calcium 9.01mg	Iron 0.29mg

Nutrition - Per 100g

No 100g Conversion Available