

# Whole Fruit Cup

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31218
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ ORG/PNAP/CHRY	1 Each		602402
NOVELTY FZ CUP JCE BRY/LEM	1 Each		532420

## 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>	0.500
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	70.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.50mg
<b>Carbohydrates</b>	18.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	15.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 250.00mcg RAE	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.36mg

### Nutrition - Per 100g

No 100g Conversion Available