

Whole Fruit Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31218
School:	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

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: 2.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available