

Variety of Frozen Fruit Cups

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34544
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	1 Each	USDA Commodity Brown Box	100261
Peaches, diced, cups, Frozen	1 Each	USDA Commodity Brown Box	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	USDA Commodity Brown Box	100256
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1 Each	USDA Commodity Brown Box	110859

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	96.25
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	23.50g
Fiber	2.00g
Total Sugar	19.50g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available
