

Fresh Fruit Seasonal

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53141
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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: 1.00 Serving

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

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

Nutrition - Per 100g

Calories	38.11**
Fat	0.14g**
Saturated Fat	0.02g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	0.28mg**
Carbohydrates	9.80g**
Fiber	0.94g**
Total Sugar	5.88g**
Added Sugar	0.00g**
Protein	0.58g**
Vitamin A 71.30mcg RAE**	Vitamin C 3.89mg**
Calcium 5.52mg**	Iron 0.18mg**

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