

Variety of Fruit

Servings:	15.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1/2 Cup	USDA Brown Box Commodity	100225
Applesauce cnd	1/2 Cup	USDA Brown Box Commodity	110541comm
Diced Peaches CND 6-10	1/2 Cup	USDA Brown Box Commodity	100220
Peach Cups 96-4.4Z	1 Each	USDA Brown Box Commodity	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	USDA Brown Box Commodity	100256
ORANGES MAND WHL L/S	1/2 Cup		117897
PINEAPPLE TROPICAL GLD	1/2 Cup	N/A	500471
FRUIT SAL TROP L/S	1/2 Cup	N/A	506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
APPLE FRSH SLCD	1 Package	N/A	473171
PEAR	1 Each		198056
BANANA TURNING SNGL 150CT	1 Each		197769
GRAPES RED SDLSS	1/2 Cup		197831
ORANGES NAVEL/VALENCIA CHC	1 Each		322326
FRUIT COCKTAIL DCD XL/S	1/2 Cup		258362

Preparation Instructions

Updated 12.16.25

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: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.75
Fat	0.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.72mg
Carbohydrates	17.64g
Fiber	1.77g
Total Sugar	13.16g
Added Sugar	1.87g
Protein	0.55g
Vitamin A 57.21mcg RAE	Vitamin C 8.37mg
Calcium 10.51mg	Iron 0.15mg

Nutrition - Per 100g

Calories	901.29
Fat	0.40g
Saturated Fat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.97mg
Carbohydrates	224.77g
Fiber	22.53g
Total Sugar	167.59g
Added Sugar	23.78g
Protein	6.99g
Vitamin A 728.82mcg RAE	Vitamin C 106.57mg
Calcium 133.90mg	Iron 1.89mg