

Fancy Fruit Cup



Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45395
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF	3 Ounce		578614

Preparation Instructions

Place 3 ounce in fruit dish
CCP Hold for cold service at 41F or lower

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: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	30.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.50g
Fiber	1.00g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 7.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	35.27
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	8.82g
Fiber	1.18g
Total Sugar	7.05g
Added Sugar	0.00g
Protein	0.59g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.23mg	Iron 0.00mg