

# Melon Healthy Challenge-Fruit Rainbow

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46118
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
MANDARIN VAR	1 Each		722451
CANTALOUPE & HNYDEW CHNK	4 Ounce		838411

## Preparation Instructions

Wash and Prepare Fruit- create the rainbow for students to select Veggies

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.663
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	64.85
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.33mg
<b>Carbohydrates</b>	16.70g
<b>Fiber</b>	1.73g
<b>Total Sugar</b>	11.50g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.78g
<b>Vitamin A</b> 17.28mcg RAE	<b>Vitamin C</b> 1.47mg
<b>Calcium</b> 11.75mg	<b>Iron</b> 0.21mg

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

## Nutrition - Per 100g

<b>Calories</b>	228.75
<b>Fat</b>	0.18g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	18.78mg
<b>Carbohydrates</b>	58.91g
<b>Fiber</b>	6.08g
<b>Total Sugar</b>	40.56g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	2.73g
<b>Vitamin A</b> 60.95mcg RAE	<b>Vitamin C</b> 5.19mg
<b>Calcium</b> 41.43mg	<b>Iron</b> 0.75mg

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