



RECIPE LIST

Fruits: Group A (0-49 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE SLICES IN A BAG	1202	45	0.00	0.00	F	1/2 CUP FRUIT
CANTALOUPE CUBES (FRESH)	1232	27	0.04	12.54	F	½ CUP FRUIT
GRAPEFRUIT HALVES (FRESH)	1227	41	0.02	0.00	F	½ CUP FRUIT
NECTARINES (FRESH)	1266	46	0.03	0.00	F	½ CUP FRUIT
PEACHES (FRESH)	1272	34	0.02	0.00	F	½ CUP FRUIT
PLUMS (FRESH)	1288	46	0.02	0.00	F	½ CUP FRUIT
SLICED APPLES (CANNED)	1214	32	0.00	12.11	F	½ CUP FRUIT
STRAWBERRIES (FRESH)	1292	29	0.01	0.91	F	½ CUP FRUIT
WATERMELON CHUNKS (FRESH)	1238	45	0.02	1.50	F	½ CUP FRUIT