



RECIPE LIST

Fruits: Group D (100+)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APRICOTS (FROZEN)	1219	110	0.00	5.00	F	½ CUP FRUIT
BANANAS (FRESH)	1220	105	0.13	1.18	F	½ CUP FRUIT
FLAVORED RAISINS	1291	140	0.00	5.00	F	½ CUP FRUIT
HOT CINNAMON APPLES (CANNED)	1208	118	1.62	189.67	F	½ CUP FRUIT
PEAR SALAD (CANNED)	1284	119	1.67	132.89	F	½ CUP FRUIT
RAISINS	1290	129	0.03	4.73	F	½ CUP FRUIT
TANGERINES (FRESH)	1298	120	0.09	4.54	F	½ CUP FRUIT
TROPICAL APPLES (CANNED)	1216	152	1.63	48.79	F	½ CUP FRUIT
TROPICAL FRUIT (CANNED)	1249	126	0.03	2.93	F	½ CUP FRUIT
WALDORF TROPICAL FRUIT CUP	1264	106	0.03	3.00	F	1/2 CUP FRUIT