



RECIPE LIST

Fruits: Group B (50-74 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SLICED APPLES AND GRAPES	1210	60	0.00	0.00	F	1/2 CUP FRUIT
APPLE AND ORANGE WEDGES (FRESH)	1240	53	0.02	0.32	F	½ CUP FRUIT
APPLES (FRESH)	1206	72	0.04	1.38	F	½ CUP FRUIT
APPLESAUCE (CANNED)	1204	59	0.01	2.27	F	½ CUP FRUIT
APPLESAUCE - USDA FOODS	1204.1	51	0.00	2.00	F	½ CUP FRUIT
APPLESAUCE IN A BAG	1205	60	0.00	0.00	F	1/2 CUP FRUIT
ASSORTED FRUIT JUICES	1246	65	0.00	0.05	F	½ CUP FRUIT
BLUEBERRIES (FRESH)	1222	52	0.03	1.00	F	½ CUP FRUIT
BLUEBERRIES WITH WHIPPED TOPPING	1221	74	1.18	1.18	F	½ CUP FRUIT
BLUSHING CHILLED PEARS (CANNED)	1276	71	0.00	8.21	F	½ CUP FRUIT
CHILLED MANDARIN ORANGES (CANNED)	1252	73	0.01	7.00	F	1/2 CUP FRUIT
CHILLED PEACH SLICES (CANNED)	1274	65	0.00	6.01	F	½ CUP FRUIT
CHILLED PEACH SLICES (FROZEN)	1277	60	0.00	0.00	F	½ CUP FRUIT
CHILLED PEAR HALVES (CANNED)	1282	69	0.00	6.01	F	½ CUP FRUIT
CRANBERRY SAUCE	1230	50	0.00	9.62		
FRESH FRUIT CUP	1250	64	0.04	3.03	F	½ CUP FRUIT



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FRUIT COCKTAIL (CANNED)	1248	58	0.01	5.13	F	½ CUP FRUIT
FRUIT SLUSHES	1296	60	0.00	0.00	F	1/2 CUP FRUIT JUICE
GRAPES (FRESH)	1226	61	0.10	1.81	F	½ CUP FRUIT
HONEYDEW CUBES (FRESH)	1236	67	0.07	33.48	F	½ CUP FRUIT
KIWIFRUIT WEDGES (FRESH)	1228	70	0.03	3.42	F	½ CUP FRUIT
MANDARIN FRUIT CUP (CANNED)	1254	62	0.01	5.73	F	½ CUP FRUIT
MELON CUBES (FRESH)	1234	57	0.07	27.62	F	1/2 CUP FRUIT
ORANGES (FRESH)	1268	61	0.03	0.00	F	½ CUP FRUIT
PEARS (FRESH)	1280	68	0.01	1.18	F	½ CUP FRUIT
PINEAPPLE CUBES (FRESH)	1293	73	0.01	1.45	F	½ CUP FRUIT
PINEAPPLE TIDBITS (CANNED)	1286	72	0.01	1.20	F	½ CUP FRUIT
ROSEY APPLESAUCE	1212	70	0.01	11.07	F	1/2 CUP FRUIT
STRAWBERRY SLICES (FROZEN)	1294	51	0.00	0.00	F	½ CUP FRUIT