



## RECIPE LIST

### Fruits: Group C (75-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
SLICED APPLES AND GRAPES (FRESH)	6540	60	0.00	0.00	F,	½ CUP FRUIT
APPLE AND ORANGE WEDGES (FRESH)	6545	55	0.03	0.00	F,	½ CUP FRUIT
APPLE DELICIOUS (FRESH)	6500	94	0.04	19.39	F,	½ CUP FRUIT
APPLE SLICES IN A BAG (FRESH)	6505	45	0.00	0.00	F,	½ CUP FRUIT
APPLES (FRESH)	6510	95	0.05	1.82	F,	½ CUP FRUIT
APPLESAUCE (CANNED)	6555	59	0.01	2.00	F,	½ CUP FRUIT
APPLESAUCE IN A BAG	6560	60	0.00	0.00	F,	½ CUP FRUIT
APRICOTS-USDA FOODS (CANNED)	6575.1	81	0.00	5.00	F,	½ CUP FRUIT
APRICOTS-USDA FOODS (FROZEN)	6580.1	110	0.00	5.00	F,	½ CUP FRUIT
ASSORTED FRUIT JUICES (FROZEN)-4 OUNCE	6640	69	0.00	7.00	F,	½ CUP FRUIT JUICE
ASSORTED FRUIT JUICES (FROZEN)-6 OUNCE	6643	90	0.00	4.00	F,	¾ CUP FRUIT JUICE
ASSORTED FRUIT JUICES (SHELF STABLE)	6645	62	0.00	9.00	F,	½ CUP FRUIT JUICE
BANANA BERRY BLEND	6595	99	0.07	1.11	F,	½ CUP FRUIT
BANANAS (FRESH)	6590	105	0.13	1.18	F,	½ CUP FRUIT
BLUEBERRIES (FRESH)-F2S	6605.3	49	0.03	0.86	F,	½ CUP FRUIT
BLUEBERRIES WITH WHIPPED TOPPING-USDA FOODS	6610.1	74	1.18	1.00	F,	½ CUP FRUIT



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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BLUSHING CHILLED PEARS (CANNED)	6845	71	0.00	8.00	F,	½ CUP FRUIT
CALICO FRUIT	6730	83	0.03	3.81	F,	½ CUP FRUIT
CANTALOUPE CUBES (FRESH)	6620	27	0.04	13.00	F,	½ CUP FRUIT
CHILLED DICED PEARS (CANNED)	6850	78	0.00	7.00	F,	½ CUP FRUIT
CHILLED MANDARIN ORANGES (CANNED)	6795	76	0.01	7.44	F,	½ CUP FRUIT
CHILLED MIXED BERRIES	6615.1	90	0.00	0.00	F,	1/2 CUP FRUIT
CHILLED PEACH SLICES (CANNED)	6815	65	0.00	6.00	F,	½ CUP FRUIT
CHILLED PEACHES (FROZEN)	6825.1	80	0.00	0.00	F,	½ CUP FRUIT
CHILLED PEAR HALVES (CANNED)	6855	69	0.00	6.00	F,	½ CUP FRUIT
CRANBERRY SAUCE	6630	52	0.05	10.03	F,	
FLAVORED RAISINS (DRIED)-BRIGGS	6920	140	0.00	5.00	F,	½ CUP FRUIT
FLAVORED RAISINS (DRIED)-CRUMBLEY	6920	110	0.00	10.00	F,	½ CUP FRUIT
FROZEN FRUIT JUICE CUPS	6650	70	0.00	7.00	F,	½ CUP FRUIT JUICE
FRUIT BOWL (FRESH)	6715	84	0.05	1.00	F,	½ CUP FRUIT
FRUIT COCKTAIL (CANNED)	6735	58	0.01	5.00	F,	½ CUP FRUIT
FRUIT CUP (FRESH)	6720	64	0.04	3.00	F,	½ CUP FRUIT



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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
FRUIT JUICE FREEZE CUP	6668	100	0.00	40.00	F,	½ CUP FRUIT
FRUIT SLUSHES	6655	60	0.00	15.00	F,	½ CUP FRUIT JUICE
FRUITED GELATIN	6740	96	0.00	34.42	F,	½ CUP FRUIT
GRAPEFRUIT HALVES (FRESH)	6675.3	41	0.02	0.00	F,	½ CUP FRUIT
GRAPES (FRESH)	6665	59	0.10	1.75	F,	½ CUP FRUIT
HONEYDEW CUBES (FRESH)	6685	67	0.07	33.00	F,	½ CUP FRUIT
HOT CINNAMON APPLES (CANNED)	6520	118	1.62	190.00	F,	½ CUP FRUIT
KIWIFRUIT WEDGES (FRESH)	6695	52	0.02	2.55	F,	½ CUP FRUIT
MANDARIN FRUIT CUP (CANNED)	6790	93	0.02	8.87	F,	½ CUP FRUIT
MELON CUBES (FRESH)	6705	60	0.08	29.44	F,	½ CUP FRUIT
NECTARINES (FRESH)	6765	46	0.03	0.00	F,	½ CUP FRUIT
ORANGE SMILES (FRESH)	6770	77	0.03	0.00	F,	½ CUP FRUIT
ORANGES (FRESH)	6775	77	0.03	0.00	F,	½ CUP FRUIT
PEACHES (FRESH)	6805	34	0.02	0.00	F,	½ CUP FRUIT
PEAR AND KIWIFRUIT MEDLEY	6870	63	0.01	4.64	F,	½ CUP FRUIT
PEAR SALAD (CANNED)	6860	119	1.67	134.00	F,	½ CUP FRUIT



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RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
PEARS (FRESH)	6835	80	0.01	1.38	F,	½ CUP FRUIT
PINEAPPLE CUBES (FRESH)	6880.3	71	0.01	1.43	F,	½ CUP FRUIT
PINEAPPLE TIDBITS (CANNED)	6890	72	0.01	1.00	F,	½ CUP FRUIT
PLUMS (FRESH)	6900	52	0.00	0.00	F,	½ CUP FRUIT
RAISINS-USDA FOODS (DRIED)	6910.1	113	0.02	4.00	F,	½ CUP FRUIT
ROSEY APPLESAUCE (CANNED)	6565	70	0.01	11.00	F,	½ CUP FRUIT
STRAWBERRIES (FRESH)	6930	28	0.01	0.87	F,	½ CUP FRUIT
STRAWBERRY SLICES (FROZEN PC)-USDA FOODS	6940.1	90	0.00	0.00	F,	½ CUP FRUIT
STRAWBERRY SLICES (FROZEN)	6945	82	0.00	0.91	F,	½ CUP FRUIT
TROPICAL APPLES (CANNED)	6530	145	1.47	49.00	F,	½ CUP FRUIT
TROPICAL FRUIT (CANNED)	6745	119	0.03	2.76	F,	½ CUP FRUIT
WALDORF FRUIT SALAD	6750	76	0.19	43.19	F,	½ CUP FRUIT
WALDORF TROPICAL FRUIT CUP	6755	91	0.03	2.33	F,	½ CUP FRUIT
WATERMELON CHUNKS (FRESH)	6955	45	0.02	1.00	F,	½ CUP FRUIT