



RECIPE LIST

Fruits: Group C (75-99 CALORIES)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APPLE DELICIOUS (FRESH)	1200	94	0.04	19.39	F	½ CUP FRUIT
APRICOTS (CANNED)	1218	81	0.00	5.14	F	½ CUP FRUIT
BANANA BERRY BLEND	1224	98	0.07	0.65	F	½ CUP FRUIT
CALICO FRUIT	1225	83	0.03	3.81	F	½ CUP FRUIT
CHILLED DICED PEARS (CANNED)	1283	78	0.00	6.82	F	½ CUP FRUIT
CHILLED PEACHES (FROZEN)	1275	80	0.00	0.00	F	½ CUP FRUIT
FRESH FRUIT BOWL	1244	84	0.05	1.06	F	½ CUP FRUIT
FROZEN FRUIT JUICE CUPS	1247	95	0.01	9.18	F	½ CUP FRUIT
FRUITED GELATIN	1258	96	0.00	34.42	F	½ CUP FRUIT
ORANGE SMILES (FRESH)	1270	77	0.03	0.00	F	½ CUP FRUIT
PEAR AND KIWIFRUIT MEDLEY	1256	86	0.01	6.64	F	½ CUP FRUIT
STRAWBERRY SLICES (FROZEN PC)	1295	90	0.00	0.00	F	1/2 CUP FRUIT
WALDORF FRUIT SALAD	1262	77	0.18	41.85	F	½ CUP FRUIT