



## 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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| 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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|------------------------------|--------|----------|----------|--------|--------|-------------------|
| 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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|---|--------|----------|----------|--------|--------|-------------------|
| 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<br>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       |