



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)-CRUMBLY | 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 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 |