



RECIPE LIST

Fruits: Group D (100+)

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
APRICOTS (FROZEN)	1219	110	0.00	5.00	F	½ CUP FRUIT
BANANAS (FRESH)	1220	105	0.13	1.00	F	½ CUP FRUIT
FLAVORED RAISINS	1291	140	0.00	5.00	F	½ CUP FRUIT
HOT CINNAMON APPLES (CANNED)	1208	118	1.62	190.00	F	½ CUP FRUIT
PEAR SALAD (CANNED)	1284	102	1.50	96.00	F	½ CUP FRUIT
RAISINS	1290	113	0.02	4.00	F	½ CUP FRUIT
TROPICAL APPLES (CANNED)	1216	152	1.63	49.00	F	½ CUP FRUIT
TROPICAL FRUIT (CANNED)	1249	126	0.03	3.00	F	½ CUP FRUIT