

Alternate Fruit Item Menu

Tuesday, Sep 1, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Mangos	SERVING, 3 OZ	70	0	0	2.01	0.00	13.05	65	44.18	16.06	1.00	18.07	0.00	0.00
Tropical Blend	3 OZ. SVG.	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Wednesday, Sep 2, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Thursday, Sep 3, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Friday, Sep 4, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Monday, Sep 7, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Tuesday, Sep 8, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Wednesday, Sep 9, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Thursday, Sep 10, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Friday, Sep 11, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Monday, Sep 14, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Tuesday, Sep 15, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Wednesday, Sep 16, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Thursday, Sep 17, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Friday, Sep 18, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Monday, Sep 21, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Tuesday, Sep 22, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Wednesday, Sep 23, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Thursday, Sep 24, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Friday, Sep 25, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Monday, Sep 28, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Tuesday, Sep 29, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Alternate Fruit Item Menu

Wednesday, Sep 30, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mixed Fruit Medley	SERVING, 3.5 OZ	60	0	0	4.00	0.00	8.00	0	0.00	12.00	0.00	16.00	0.00	0.00
Sunlit Pears	SERVING, 3.5 OZ	48	0	0	1.59	0.00	10.32	2	3.18	0.00	0.00	11.91	0.00	0.00
Luau Pineapple	SERVING, 4.0 OZ	70	0	0	1.00	0.10	10.00	0	0.00	14.00	0.00	17.00	0.00	0.00
Raisins, Ind	1 EACH	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
Mixed Triple Berry Blend	3 OZ SVG.	35	0	0	3.00	0.00	16.01	4	28.02	5.00	1.00	9.00	0.00	0.00
Mix Fruit Premier Blend	SERVING	42	0	4	0.85	0.55	8.65	364	68.26	6.03	0.70	9.91	0.02	0.00
Diced Strawberries	3 OZ. SVG.	19	0	0	1.13	0.40	7.50	0	22.50	2.25	0.38	4.87	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.