000400 - Red, White, Blue Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook	Meat/Alt:				? - Milk
Number of Portions: 25	Grains:				? - Egg
Size of Portion: 1/4 CUP	Fruit: 0.25 cup				? - Peanut
	Vegetable:				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions
009040 BANANAS,RAW	2 2/3 cups	1. Wash all fruit.
009316 STRAWBERRIES,RAW 009050 BLUEBERRIES,RAW 019335 SUGARS,GRANULATED	3 3/8 cups 2 7/8 cups 2 Tbsp	Peel and dice bananas and place into a large bowl. Dice strawberries and place in bowl with bananas. Add blueberries to bananas mixture and add sugar.
019333 SUGARS,GRANULATED	'	3. Mix very gently and place in cooler for 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

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Calories	34 kcal	Cholesterol	0 mg	Sugars	5.6 g	Calcium	5.09 mg	4.46% Calories from Total Fat
Total Fat	0.17 g	Sodium	1 mg	Protein	0.44 g	Iron	0.17 mg	0.67% Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	8.67 g	Vitamin A	21.8 IU	Water ¹	44.78 g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.23 g	Vitamin C	15.0 mg	Ash ¹	0.25 g	101.19% Calories from Carbohydrates
								5.09% Calories from Protein

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

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.

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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.