

Fruit Table of Contents

Apples, Warm Cinnamon	1
Apple, Whole	2
Applesauce	3
Apricot Sauce	4
Banana.....	5
Cantaloupe	6
Fruit Cup, Fresh, with Oranges	7
Fruit Cup, Fresh, with Red Grapes.....	8
Fruit Cup, Winter with Grapes	9
Fruit Cup, Winter with Pears & Grapes	10
Mandarin Oranges	11
Orange	12
Peach Sauce.....	13
Pear & Pineapple Fruit Cocktail Cup	14
Pear Slices Sauce.....	15
Pear, Whole	16
Pineapple Tidbits.....	17
Red Grapes	18
Strawberries	19
Tropical Fruit	20
Watermelon.....	21

Apples, Warm Cinnamon

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 112

Calories from Fat 0

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 27.4g	
Sat. Fat 0g	0%	Dietary Fiber 2.4g	10%
Trans Fat 0g		Sugars 20.1g	
Cholest. 0mg	0%	Protein 0g	
Sodium 18.3mg	1%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT APPLE DICED IN/WATER (apples, water, apple juice concentrate), SUGAR GRANULES FINE (granulated sugar), WATER (water), CORN STARCH (corn starch), SEASON CINNAMON GROUND 18z (cinnamon)

ALLERGENS:

Apple, Whole

Nutrition Facts

Serving Size 6 2/5 OZ

Amount Per Serving

Calories 93

Calories from Fat 5

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.6g	1%	Total Carb. 24g	
Sat. Fat 0.1g	0%	Dietary Fiber 3g	12%
Trans Fat --- g		Sugars 20.9g	
Cholest. 0mg	0%	Protein 0.3g	
Sodium 0mg	0%		
Cals • Prot 0% • Carb			
Fat 1% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT APPLE RED DEL 125CT (apple)

ALLERGENS:

Applesauce

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 57

Calories from Fat 1

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.1g	0%	Total Carb. 15.2g	
Sat. Fat 0g	0%	Dietary Fiber 1.5g	6%
Trans Fat 0g		Sugars 12.7g	
Cholest. 0mg	0%	Protein 0.2g	
Sodium 2.7mg	0%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT APPLE SAUCE CAN (apples, water, apple juice from concentrate)

ALLERGENS:

Apricot Sauce

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 44

Calories from Fat 0

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 11.7g	
Sat. Fat 0g	0%	Dietary Fiber 0.7g	3%
Trans Fat 0g		Sugars 11g	
Cholest. 0mg	0%	Protein 0g	
Sodium 7.3mg	0%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT APRICOT HLVS LIGHT SYRP CAN (apricots, water, pear juice concentrate)

ALLERGENS:

Banana

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 104

Calories from Fat 4

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.4g	1%	Total Carb. 26.8g	
Sat. Fat 0.1g	1%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 14.3g	
Cholest. 0mg	0%	Protein 1.3g	
Sodium 1.2mg	0%		
Cals • Prot 2% • Carb			
Fat 1% • Chol 0% • Sat Fat 1%			

INGREDIENTS: FRUIT BANANA GREEN TIP (banana)

ALLERGENS:

Cantaloupe

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 39

Calories from Fat 2

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.2g	0%	Total Carb. 9.3g	
Sat. Fat 0.1g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 8.3g	
Cholest. 0mg	0%	Protein 1g	
Sodium 18.1mg	1%		
Cals • Prot 2% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT MELON CANTALOUPE 9/12 CT (cantaloupe)

ALLERGENS:

Fruit Cup, Fresh, with Oranges

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 43				
Calories from Fat 2				
	Total Fat 0.2g	0%	Total Carb. 10.8g	
	Sat. Fat 0g	0%	Dietary Fiber 0.9g	4%
	Trans Fat 0g		Sugars 9.2g	
	Cholest. 0mg	0%	Protein 0.7g	
	Sodium 7.9mg	0%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT MELON CANTALOUPE 9/12 CT (cantaloupe), FRUIT GRAPE RED SEEDLESS (grapes), FRUIT ORANGE SECTION TUB (orange sections), FRUIT HONEYDEW 5/6CT (honeydew), FRUIT WATERMELON SEEDLESS (watermelon)

ALLERGENS:

Fruit Cup, Fresh, with Red Grapes

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 39

Calories from Fat 2

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.2g	0%	Total Carb. 9.8g	
Sat. Fat 0g	0%	Dietary Fiber 0.9g	4%
Trans Fat 0g		Sugars 8.2g	
Cholest. 0mg	0%	Protein 0.6g	
Sodium 7.4mg	0%		
Cals • Prot 1% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT MELON CANTALOUPE 9/12 CT (cantaloupe), FRUIT GRAPE RED SEEDLESS (grapes), FRUIT STRAWBERRIES FRSH (strawberries), FRUIT HONEYDEW 5/6CT (honeydew), FRUIT WATERMELON SEEDLESS (watermelon)

ALLERGENS:

Fruit Cup, Winter with Grapes

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 57				
Calories from Fat 1				
	Total Fat 0.1g	0%	Total Carb. 14.7g	
	Sat. Fat 0g	0%	Dietary Fiber 1.1g	4%
	Trans Fat 0g		Sugars 12.9g	
	Cholest. 0mg	0%	Protein 0.6g	
	Sodium 2.3mg	0%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT GRAPE RED SEEDLESS (grapes), FRUIT COCKTAIL IN JUICE CAN (diced peaches, diced pears, water, grapes, pineapple, pear juice concentrate, halved cherries artificially colored red with carmine.), FRUIT PINEAPPLE CHUNKED CAN (pineapple, pineapple juice), FRUIT ORANGE MANDARIN CAN (mandarin orange segments, water, pear juice concentrate)

ALLERGENS:

Fruit Cup, Winter with Pears & Grapes

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 51				
Calories from Fat 1				
	Total Fat 0.1g	0%	Total Carb. 12.6g	
	Sat. Fat 0g	0%	Dietary Fiber 1.1g	4%
	Trans Fat 0g		Sugars 10.2g	
	Cholest. 0mg	0%	Protein 0.3g	
	Sodium 4mg	0%		
	Cals • Prot 0% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT PEAR SLICES IN JUICE CAN (pears, water, pear juice concentrate), FRUIT GRAPES GREEN SEEDLESS (grapes), FRUIT PEACH SLICES IN JUICE CAN (peaches, water, pear juice concentrate), FRUIT ORANGE MANDARIN CAN (mandarin orange segments, water, pear juice concentrate)

ALLERGENS:

Mandarin Oranges

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 72

Calories from Fat 4

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.4g	1%	Total Carb. 18g	
Sat. Fat 0.1g	0%	Dietary Fiber 2.4g	10%
Trans Fat 0g		Sugars 14.3g	
Cholest. 0mg	0%	Protein 1.1g	
Sodium 2.7mg	0%		
Cals • Prot 2% • Carb			
Fat 1% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT ORANGE MANDARIN CAN (mandarin orange segments, water, pear juice concentrate)

ALLERGENS:

Orange

Nutrition Facts

Serving Size 7 OZ

Amount Per Serving

Calories 60

Calories from Fat 1

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.1g	0%	Total Carb. 15.3g	
Sat. Fat 0g	0%	Dietary Fiber --- g	
Trans Fat --- g		Sugars 11.7g	
Cholest. 0mg	0%	Protein 1.4g	
Sodium 1.3mg	0%		
Cals • Prot 2% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT ORANGES NAVEL 113 CT (orange)

ALLERGENS:

Peach Sauce

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 61				
Calories from Fat 0				
	Total Fat 0g	0%	Total Carb. 14.6g	
	Sat. Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 13.4g	
	Cholest. 0mg	0%	Protein 0g	
	Sodium 12.2mg	1%		
	Cals • Prot 0% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT PEACH SLICES IN JUICE CAN (peaches, water, pear juice concentrate)

ALLERGENS:

Pear & Pineapple Fruit Cocktail Cup

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 0g	0%	Total Carb. 13.7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 1.3g	5%
Calories 55	Trans Fat 0g		Sugars 11.8g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 0.3g	
	Sodium 3.3mg	0%		
	Cals • Prot 0% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT COCKTAIL IN JUICE CAN (diced peaches, diced pears, water, grapes, pineapple, pear juice concentrate, halved cherries artificially colored red with carmine.), FRUIT PEAR SLICES IN JUICE CAN (pears, water, pear juice concentrate), FRUIT PINEAPPLE CHUNKED CAN (pineapple, pineapple juice), CHERRIES MARASCHINO HALVES (cherries, water, corn syrup, sugar, citric acid, natural and artificial flavors, sodium benzoate, potassium sorbate, FD & C Red #40 (C.I.# 16035), sulfur dioxide (preservative))

ALLERGENS:

Pear Slices Sauce

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 71

Calories from Fat 0

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 16.7g	
Sat. Fat 0g	0%	Dietary Fiber 2.4g	10%
Trans Fat 0g		Sugars 11.9g	
Cholest. 0mg	0%	Protein 0g	
Sodium 6mg	0%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT PEAR SLICES IN JUICE CAN (pears, water, pear juice concentrate)

ALLERGENS:

Pear, Whole

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 89

Calories from Fat 2

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.2g	0%	Total Carb. 23.8g	
Sat. Fat 0g	0%	Dietary Fiber 4.9g	19%
Trans Fat 0g		Sugars 15.3g	
Cholest. 0mg	0%	Protein 0.6g	
Sodium 1.6mg	0%		
Cals • Prot 1% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: Pears (pear)

ALLERGENS:

Pineapple Tidbits

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 89

Calories from Fat 1

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.1g	0%	Total Carb. 23.4g	
Sat. Fat 0g	0%	Dietary Fiber 1.2g	5%
Trans Fat 0g		Sugars 21.5g	
Cholest. 0mg	0%	Protein 0.6g	
Sodium 1.5mg	0%		
Cals • Prot 1% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT PINEAPPLE TIDBITS CAN (pineapple, pineapple juice and citric acid)

ALLERGENS:

Red Grapes

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 75

Calories from Fat 2

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.2g	0%	Total Carb. 19.7g	
Sat. Fat 0.1g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 16.9g	
Cholest. 0mg	0%	Protein 0.8g	
Sodium 2.2mg	0%		
Cals • Prot 1% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT GRAPE RED SEEDLESS (grapes)

ALLERGENS:

Strawberries

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 36

Calories from Fat 3

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.3g	1%	Total Carb. 8.7g	
Sat. Fat 0g	0%	Dietary Fiber 2.3g	9%
Trans Fat 0g		Sugars 5.5g	
Cholest. 0mg	0%	Protein 0.8g	
Sodium 1.1mg	0%		
Cals • Prot 1% • Carb			
Fat 1% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT STRAWBERRIES FRSH (strawberries)

ALLERGENS:

Tropical Fruit

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 81

Calories from Fat 0

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 19.4g	
Sat. Fat 0g	0%	Dietary Fiber 1.6g	6%
Trans Fat 0g		Sugars 13.8g	
Cholest. 0mg	0%	Protein 0g	
Sodium 4.1mg	0%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT TROPICAL CAN (pineapple, red papaya, yellow papaya, guava, water, sugar, passion fruit juice, citric acid)

ALLERGENS:

Watermelon

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 18

Calories from Fat 1

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.1g	0%	Total Carb. 4.5g	
Sat. Fat 0g	0%	Dietary Fiber 0.2g	1%
Trans Fat 0g		Sugars 3.7g	
Cholest. 0mg	0%	Protein 0.4g	
Sodium 0.6mg	0%		
Cals • Prot 1% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: FRUIT WATERMELON SEEDLESS (watermelon)

ALLERGENS: