

Daily Produce
Offerings

Menu Items	Carbohydrate (g)	Fat (g)	Protein (g)	Calories
Apple (whole, medium)	25	0	0	100
Apple (whole, small)	21	0	0	77
Apple slices (2 oz.)	3	0	0	20
Applesauce Cup (1/2 cup, plain)	14	0	0	50
Banana (Petite)	19	0	1	72
Blueberries (1/2 cup ~50 berries)	11	0	1	42
Carroteenies (1.6 oz.)	5	0	1	26
Craisins (all flavors)	23	0	0	100
Grapes (1/2 cup ~19 grapes)	8	0	0	31
Kiwi (1 piece)	11	0	1	46
Mandarin Oranges (1/2 cup, canned)	10	0	1	40
Oranges (1 piece)	18	0	1	69
Peach (whole, medium)	14	0	1	58
Peaches (1/2 cup, canned)	12	0	1	50
Peaches (Frozen cup)	16	0	1	60
Pear (whole, medium)	27	0	1	101
Pear (whole, small)	23	0	1	84
Pears (1/2 cup, canned)	20	0	1	72
Pineapple (1/2 cup, canned)	17	0	1	66
Plum (1 piece)	8	0	1	30
Raisin (Sour Lemon or Strawberry Box)	29	0	1	120
Raspberries (1/2 cup ~32 berries)	7	0	1	32
Strawberries (1/2 cup, ~ 6 whole berries)	6	0	0	23
Strawberries (Frozen cup)	13	0	0	50
Tossed Salad (1 cup)	4	0	1	19
FFVP Items				
Apple & Grape Combo (2 oz.)	9	0	0	34
Broccoli (2 oz.)	3	0	2	17
Broccoli & Carrots (2 oz.)	3	0	1	16
Cantaloupe Chunk (2 oz.)	4	0	0	17
Cauliflower (2 oz.)	3	0	1	15
Celery Sticks (2 oz.)	2	0	1	8
Cucumber Slices (2oz.)	2	0	0	10
Grapes, Red (2 oz.)	10	0	0	40
Honeydew Chunks (2 oz.)	5	0	0	20
Kiwi Slices (1.5 oz.)	6	0	0	26
Mango Chunks (2 oz.)	10	0	0	35
Orange Wedges (2 oz.)	10	0	1	47
Pepper Green Sliced (2oz.)	3	0	0	11
Pepper Red or Yellow Sliced (1 oz.)	4	0	1	15
Pineapple (2 oz.)	7	0	0	28
Strawberry Slices (2 oz.)	4	0	0	20
Squash Green Coins (2 oz.)	2	0	1	10
Sugar Snap Peas (2 oz.)	4	0	2	25
Tomato, Grape (2 oz.)	4	0	0	20
Watermelon (2 oz.)	4	0	0	17