



# Nutritional Information For Fruit Bar

Menu Option	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (g)	Potassium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Fresh Fruit</b>												
Cantaloupe	4	50	0	0	0	0	10	0	12	1	11	1
Honeydew	4	50	0	0	0	0	10	0	13	1	12	0
Pineapple	4	60	0	0	0	0	0	0	15	1	14	0
Orange	4	60	0	0	0	0	0	0	15	2	13	1
Grapefruit	4	50	0	0	0	0	0	0	13	1	12	0
Citrus Salad	4	60	0	0	0	0	0	0	14	1	13	0
Mixed Fruit	4	60	0	0	0	0	10	0	13	1	12	1
Tropical Mix	4	60	0	0	0	0	10	0	13	1	12	1
<b>Fresh Fruit - Light Syrup</b>												
Cantaloupe	4	60	0	0	0	0	10	0	14	1	13	1
Honeydew	4	60	0	0	0	0	10	0	15	1	14	1
Pineapple	4	70	0	0	0	0	0	0	17	1	16	1
Orange	4	70	0	0	0	0	0	0	17	2	15	1
Grapefruit	4	60	0	0	0	0	0	0	15	1	14	0
Citrus Salad	4	70	0	0	0	0	0	0	17	1	16	0
Mixed Fruit	4	70	0	0	0	0	10	0	16	1	15	1
Tropical Mix	4	70	0	0	0	0	10	0	16	1	15	1
<b>Fresh Fruit in Grape Juice</b>												
Cantaloupe	4	50	0	0	0	0	10	0	12	1	11	1
Honeydew	4	50	0	0	0	0	10	0	13	1	12	0
Pineapple	4	60	0	0	0	0	0	0	15	1	14	0
Orange	4	60	0	0	0	0	0	0	15	2	13	1
Grapefruit	4	50	0	0	0	0	0	0	13	1	12	0
Citrus Salad	4	60	0	0	0	0	0	0	14	1	13	0
Mixed Fruit	4	60	0	0	0	0	10	0	13	1	12	1
Tropical Mix	4	60	0	0	0	0	10	0	13	1	12	1

Information listed is subject to change without notice