

## Cycle 3

# Fresh Seasonal Fruit Plate

Fresh honeydew melon with raspberries, blackberries and star fruit, served with coconut chia oatmeal pudding



WIMS# 35046

Allergens: tree nuts

Fruit w/ Chia Oatmeal Pudding - Cycle 3	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 plate (211 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	
	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 16g	
<b>Protein</b> 3g	
Vitamin D 0.00mcg	0%
Calcium 31mg	3%
Iron 1.2mg	7%
Potassium 391mg	9%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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