

All Cycles

Fresh Seasonal Fruit Plate

Fresh sliced cantaloupe, honeydew and pineapple with mixed berries and coconut chia oatmeal pudding.



WIMS# 35061, 35035, 35067

Allergens: Tree Nuts

Coconut Chia, Oatmeal Pudding with Fruit

Nutrition Facts

1 servings per container
Serving size 1 plate (248 g)

Amount per serving
Calories **180**

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 37g 13%

Dietary Fiber 8g 27%

Total Sugars 25g

Protein 3g

Vitamin D 0.00mcg 0%

Calcium 40mg 4%

Iron 1.3mg 8%

Potassium 380mg 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.

© 2024 MenuTrinio, LLC