

North East ISD Fruit Nutrient Analysis 2008-09				Questions - Contact School Nutrition Services 657-8820											
Description - Portion: Elementary 0.25 cup, Middle/High 0.33 cup + = Portion All Grades	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams	
Apple Crisp +	0.33 cup	198.0	4.5	0.8	0.0	1.0	39.0	10.9	1.6	0.9	192.4	117.6	0.0	1.3	
Apple Wedge, Fresh	0.50 medium	40.6	0.0	0.0	0.0	0.0	10.6	5.0	0.2	4.1	3.5	0.0	0.0	1.8	
Apple,Whole Fresh	1.00 medium	81.1	0.0	0.0	0.0	0.0	21.1	10.0	0.3	8.1	6.9	0.0	0.0	3.6	
Applesauce, Sweetened	0.33 cup	64.0	0.2	0.0	0.0	0.2	16.8	3.4	0.3	1.4	9.3	2.5	0.0	1.0	
Applesauce, Sweetened	0.25 cup	48.5	0.1	0.0	0.0	0.1	12.7	2.6	0.2	1.1	7.0	1.9	0.0	0.8	
Applesauce, Sweetened - Breakfast	0.50 cup	96.9	0.2	0.0	0.0	0.2	25.4	5.1	0.4	2.2	14.0	3.8	0.0	1.5	
Applesauce, Unsweetened	0.25 cup	26.0	0.0	0.0	0.0	0.1	6.9	2.0	0.1	0.8	17.5	1.0	0.0	0.8	
Applesauce, Unsweetened	0.33 cup	34.3	0.0	0.0	0.0	0.1	9.1	2.6	0.1	1.0	23.1	1.3	0.0	1.0	
Applesauce, Unsweetened - Breakfast	0.50 cup	52.0	0.0	0.0	0.0	0.2	13.8	4.0	0.2	1.5	35.0	2.0	0.0	1.5	
Banana, Fresh +	1.00 medium	105.0	0.4	0.1	0.0	1.3	27.0	5.9	0.3	10.3	75.5	1.2	0.0	3.1	
Cinnamon Apples	0.25 cup	36.8	0.9	0.2	0.0	0.0	7.4	0.6	0.7	0.6	40.4	11.8	0.0	0.5	
Cinnamon Apples	0.33 cup	48.6	1.2	0.2	0.0	0.0	9.8	0.8	1.0	0.8	53.3	15.6	0.0	0.7	
Fruit Cocktail	0.25 cup	36.8	0.1	0.0	0.0	0.3	9.5	3.2	0.2	2.1	3.2	4.3	0.0	0.8	
Fruit Cocktail	0.33 cup	48.5	0.1	0.0	0.0	0.4	12.6	4.2	0.3	2.7	4.2	5.6	0.0	1.1	
Fruit Cocktail - Breakfast	0.50 cup	73.6	0.1	0.0	0.0	0.5	19.1	6.4	0.4	4.2	6.4	8.5	0.0	1.6	
Fruit Pop, Strawberry +	1.00 each	43.4	0.1	0.0	0.0	0.3	10.3	11.7	0.2	11.8	8.3	4.6	0.0	0.6	
Gelatin w/ Mixed Fruit +	1.00 serving	95.9	0.1	0.0	0.0	1.5	23.6	3.8	0.2	2.2	3.3	74.9	0.0	0.8	
Gelatin w/ Sliced Peaches +	1.00 serving	75.6	0.0	0.0	0.0	1.2	18.5	1.5	0.1	0.8	6.1	71.3	0.0	0.4	
Gelatin w/ Sliced Pears +	1.00 serving	91.8	0.0	0.0	0.0	1.4	22.5	6.5	0.2	1.1	0.0	73.2	0.0	1.1	
Gelatin, Applesauce +	1.00 serving	56.7	0.0	0.0	0.0	0.9	14.0	1.7	0.1	0.5	12.3	47.7	0.0	0.5	
Grapefruit	0.25 cup	18.4	0.0	0.0	0.0	0.4	4.7	6.9	0.0	19.8	34.5	0.0	0.0	0.6	
Grapefruit	0.33 cup	24.3	0.0	0.0	0.0	0.5	6.2	9.0	0.0	26.2	45.5	0.0	0.0	0.8	
Grapefruit - Breakfast	0.50 cup	36.8	0.0	0.0	0.0	0.7	9.4	13.7	0.0	39.7	69.0	0.0	0.0	1.2	
Grapes, Seedless Red or White	0.25 cup	28.5	0.0	0.0	0.0	0.3	7.0	4.5	0.1	4.3	13.8	0.8	0.0	0.4	
Grapes, Seedless Red or White	0.33 cup	37.6	0.0	0.0	0.0	0.3	9.2	5.9	0.1	5.6	18.2	1.0	0.0	0.5	
Grapes, Seedless Red or White - Breakfast	0.50 cup	57.0	0.0	0.0	0.0	0.5	14.0	9.0	0.2	8.5	27.5	1.5	0.0	0.8	
Juice Bar, Frozen +	1.00 each	50.0	0.2	0.0	0.0	0.2	12.0	5.5	0.1	60.0	0.0	5.5	0.0	0.0	
Kiwi, Fresh +	1.00 each	55.5	0.5	0.0	0.0	1.0	13.3	30.9	0.3	84.4	79.2	2.7	0.0	2.7	
Mandarin Oranges	0.25 cup	35.0	0.0	0.0	0.0	0.3	8.5	10.0	0.4	10.5	150.0	5.0	0.0	0.3	
Mandarin Oranges	0.33 cup	46.2	0.0	0.0	0.0	0.3	11.2	13.2	0.5	13.9	198.0	6.6	0.0	0.3	
Mandarin Oranges - Breakfast	0.50 cup	70.0	0.0	0.0	0.0	0.5	17.0	20.0	0.7	21.0	300.0	10.0	0.0	0.5	
Orange Smiles, Fresh	0.50 medium	31.0	0.0	0.0	0.0	0.5	7.5	26.0	0.0	35.0	134.5	0.0	0.0	1.6	
Orange Whole, Fresh	1.00 medium	62.0	0.0	0.0	0.0	1.0	14.9	51.9	0.0	70.0	269.0	0.0	0.0	3.1	
Peach Crisp +	0.33 cup	195.9	4.5	0.8	0.0	1.0	38.8	12.3	0.7	1.1	200.2	115.1	0.0	1.1	
Peach Cup +	1.00 each	118.0	0.2	0.0	0.0	0.8	30.0	4.0	0.5	117.8	355.0	8.0	0.0	2.2	
Peaches, Sliced	0.25 cup	17.0	0.0	0.0	0.0	0.0	4.6	1.0	0.1	0.8	5.8	0.8	0.0	0.4	
Peaches, Sliced	0.33 cup	22.4	0.0	0.0	0.0	0.0	6.0	1.3	0.1	1.0	7.6	1.0	0.0	0.5	
Peaches, Sliced - Breakfast	0.50 cup	34.0	0.0	0.0	0.0	0.0	9.1	2.0	0.2	1.5	11.5	1.5	0.0	0.8	
Pears, Halves +	0.33 cup	57.4	0.0	0.0	0.0	0.2	15.2	5.3	0.3	0.7	0.0	5.3	0.0	1.3	
Pears, Sliced	0.25 cup	31.0	0.0	0.0	0.0	0.2	8.0	5.5	0.2	1.0	0.0	2.5	0.0	1.0	

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Pears, Sliced	0.33 cup	40.9	0.0	0.0	0.0	0.3	10.6	7.3	0.2	1.3	0.0	3.3	0.0	1.3
Pears, Sliced - Breakfast	0.50 cup	62.0	0.0	0.0	0.0	0.4	16.0	11.0	0.4	2.0	0.0	5.0	0.0	2.0
Pineapple Fluff +	0.33 cup	114.1	4.2	4.2	0.0	0.4	20.4	9.2	0.3	1.7	0.0	25.0	0.0	1.7
Pineapple, Tidbits	0.25 cup	31.0	0.0	0.0	0.0	0.2	8.0	5.5	0.2	1.0	0.0	2.5	0.0	1.0
Pineapple, Tidbits	0.33 cup	40.9	0.0	0.0	0.0	0.3	10.6	7.3	0.2	1.3	0.0	3.3	0.0	1.3
Pineapple, Tidbits - Breakfast	0.50 cup	62.0	0.0	0.0	0.0	0.4	16.1	11.0	0.4	2.0	0.0	5.0	0.0	2.0
Strawberries, Fresh	0.33 cup	15.2	0.1	0.0	0.0	0.3	3.6	7.6	0.2	27.9	5.7	0.5	0.0	1.0
Strawberries, Fresh	0.25 cup	11.5	0.1	0.0	0.0	0.2	2.8	5.8	0.2	21.2	4.3	0.4	0.0	0.7
Strawberries, Fresh - Breakfast	0.50 cup	23.0	0.2	0.0	0.0	0.5	5.5	11.5	0.3	42.3	8.6	0.7	0.0	1.4
Strawberry Cup +	1.00 each	122.0	0.2	0.0	0.0	0.7	33.1	14.0	0.8	52.8	31.0	4.0	0.0	2.4
Sweet Potato Pie +	1.00 serving	231.2	6.7	1.7	0.0	3.9	39.6	73.8	1.8	2.9	4,306.1	229.5	32.3	1.4
Tangerines +	1.00 medium	44.5	0.3	0.0	0.0	0.7	11.2	31.1	0.1	22.4	572.0	1.7	0.0	1.5
Watermelon	0.25 cup	11.4	0.1	0.0	0.0	0.2	2.9	2.7	0.1	3.1	216.2	0.4	0.0	0.2
Watermelon	0.33 cup	15.0	0.1	0.0	0.0	0.3	3.8	3.5	0.1	4.1	285.4	0.5	0.0	0.2
Watermelon - Breakfast	0.50 cup	22.8	0.1	0.0	0.0	0.5	5.7	5.3	0.2	6.2	432.4	0.8	0.0	0.3
CATCH Program color codes - Green = Go Food, Yellow = Slow Food, Red = Whoa Food														