

Nutrition Facts for School Produce

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Product	Peaches	Nectarines	Plums	Blood Orange	Navel Orange	Blueberries	Apples	Apricots	Baby Carrots	Cauliflower	Broccoli	Apple Pears	Cantaloupe	Grapes	Honey Dew	Pears	Pluets	Strawberries	Watermelons	Kiwif	Mandarins	Persimmons	Oranges Cara Cara	Tangelos	Oranges, Navel	Chopped Lettuce	Celery	Cherries
UOM	1 cup/168g	1 med/142g	1 ea/66g	1 med/3oz	1 med/3oz	1 cup	1 med/182g	1 ea	3oz	2oz	2oz	100g	552g	92g	134g	178g	165g	144g	154g	100g	100g	168g	154g	109g	140g	128g	110g	140g
Calories	65.5	63	30	70	69	84	95	34	34	14	19	42	186	62	48	102	76	46	46	60	280	120	90	70	70	10	20	90
Protein	1.53g	1.5g	.5g	1g	1.3g	1.1g	.5g	.1g	.9g	1g	1.6g	.5g	4.4g	0.60%	0%	0.6g	1g	0%	1g	1g	20g	<1g	2g	1g	1g	0g	1g	2g
Fat	.23g	.5g	.2g	1g	.2g	.09g	.2g	.27g	0g	.2g	.21g	.2g	.1g	0.3g	0.3g	0.2g	.4g	.1g	0g	0.5g	6g	0%	0.5g	1g	0%	0g	0g	0.5g
Cholesterol/Sodium	0g	0g	0g	0g	0g	0	2mg	2mg	68mg	17mg	15mg	0	0	0%	0mg	0mg	0mg	0mg	0mg	0mg	0%	0%	0%	0%	0%	0mg	0mg	0mg
Total Carbohydrates	16g	15g	8g	15g	17.5g	21.45g	25g	8g	6.8g	3g	3.76g	11g	45g	16g	12g	27g	19g	11g	12g	13g	10g	31g	19g	13g	18g	2g	5g	22g
Sugar	14.10g	11g	7g	12g	3.1g	14.47g	19g	6.5g	4.3g	1g	96g	7.1g	43g	15g	11g	17g	16g	7g	10g	9g	0g	23g	12g	9g	12g	1g	0g	19g
Fiber	2.52g	2.5g	.8g	3g	14.5g	1.6g	4.4g	1.5g	2.6g	1g	1.5g	1.6g	0	0.8g	1.1g	6g	2g	1g	3g	5g	6g	0g	0g	2g	3g	1g	2g	3g
Potassium	280mg	285mg	104mg	232mg	232mg	114mg	195mg	427mg	204mg	170mg	179mg	121mg	1474mg	176mg	306mg	206mg	0%	0%	0%	0%	961mg	270mg	280mg	220mg	232mg	102mg	0mg	300mg
Vitamin C	12%	12%	10%	100%	100%	24%	14%	27%	4%	45%	56%	6.30%	337%	6%	40%	12%	26%	141%	21%	160%	0%	0%	113mg	100%	0%	2mg	15%	15%
Iron	2%	2%	1%			.41mg	1%	3%	4%	1%	2%	0%	6%	1%	1%	1%	2%	3%	2%	6mg	0mg	0mg	2%	0mg	0.3mg	2%	2%	
Magnesium	3%	3%	1%			9mg	2%	4%	2%	2%	0%	16%	1%	2%	2%	0%	0%	0%	0%	0%	243mg	0mg	0mg	4%	0mg	1mg	0%	0%
Vitamin B-6						5%	5%	5%	5%	5%	0%	30%	5%	5%	5%	0%	0%	0%	0%	0%	0%	0%	0%	6%	6%	0%	0%	0%
Calcium						9mg	1%	2%	2%	1%	2%	0.3%	5%	1%	0%	1%	1%	0%	1%	2%	419mg	13mg	60mg	4%	60mg	13mg	4%	2%