



# Fruit Cups

The Healthy Choice for School Meal Programs

-  Fruit Choices  
Peach, Strawberry, Mixed Berry  
*\*Inquire about additional fruit cup flavors*
-  1/2 Cup Fruit Servings
-  Convenient & Easy-to-Serve
-  Nutritious and Delicious
-  Kids Love Them!
-  Grab 'n Go Option
-  A USDA-Approved National Processor
-  Gluten-Free & Non-GMO



Wawona works with school districts to ensure their menus fulfill the recommended daily fruit requirements. The fruit cups are ideal for school breakfast and lunch programs.



*Fruit as it should be!*

See back for product specifications

## Peach Cups

INGREDIENTS: PEACHES, SUGAR, ASCORBIC ACID AND CITRIC ACID ADDED TO MAINTAIN COLOR.

### Nutrition Facts

96 servings per container

**Serving size** 1 Fruit Cup (125g)

Amount per serving

**Calories** 80

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 19g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 216mg	4%
Vitamin A 18mcg	2%
Vitamin C 93mg	100%
Vitamin E 1mg	6%
Thiamin 0mg	0%
Riboflavin 0mg	0%
Niacin 1mg	6%
Vitamin B6 0mg	0%
Folate 5mcg DFE	2%
Vitamin B12 0mcg	0%
Pantothenic Acid 0mg	0%
Phosphorus 23mg	2%
Magnesium 10mg	2%
Zinc 0mg	0%
Copper 0.1mg	10%

\*The % Daily Value 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.  
Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

## Strawberry Cups

INGREDIENTS: STRAWBERRIES, SUGAR.

### Nutrition Facts

96 servings per container

**Serving size** 1 Fruit Cup (128g)

Amount per serving

**Calories** 80

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 180mg	4%
Vitamin A 1mcg	0%
Vitamin C 69mg	80%
Vitamin E 0mg	0%
Thiamin 0mg	0%
Riboflavin 0mg	0%
Niacin 1mg	6%
Vitamin B6 0.1mg	6%
Folate 28mcg DFE	8%
Vitamin B12 0mcg	0%
Pantothenic Acid 0mg	0%
Phosphorus 28mg	2%
Magnesium 15mg	4%
Zinc 0mg	0%
Copper 0.1mg	10%

\*The % Daily Value 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.  
Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

## Mixed Berry Cups

INGREDIENTS: STRAWBERRIES, BLUEBERRIES, SUGAR.

### Nutrition Facts

96 servings per container

**Serving size** 1 Fruit Cup (113g)

Amount per serving

**Calories** 80

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 17g	
Includes 9g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 121mg	2%
Vitamin A 2mcg	0%
Vitamin C 36mg	40%
Vitamin E 0mg	0%
Thiamin 0mg	0%
Riboflavin 0mg	0%
Niacin 1mg	6%
Vitamin B6 0.1mg	6%
Folate 16mcg DFE	4%
Vitamin B12 0mcg	0%
Pantothenic Acid 0mg	0%
Phosphorus 19mg	2%
Magnesium 10mg	2%
Zinc 0mg	0%
Copper 0.1mg	10%

\*The % Daily Value 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.  
Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4



*Fruit as it should be!*

Let Wawona help your school maximize entitlement dollars.

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