

Foods Product Information Sheet

Watermelon, Fresh

NUTRITION FACTS

Serving size: 1/2c

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Sodium 1mg

Source: Adapted from Approved Vendor Labels

CN

One 1/2c Watermelon provides 1/2 cup Fruit for the Child Nutrition Meal Pattern Requirements.

CN

CN