

TROPICAL FRUIT (CANNED)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Fruit, Tropical, Bulk, #2405	4 #10 can(s) + 9 3/4 cup(s)

DIRECTIONS

- Open cans and do not drain fruit.
- Portion ½ cup tropical fruit with a 4 ounce spoodle or #8 scoop into individual serving dishes. Cover and place under refrigeration until ready for service.
 CCP: Hold cut product under refrigeration (41 degrees F or lower).
- Each portion provides ½ cup fruit.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DoD) products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as another type of canned fruit).
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
 "Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

SERVING NOTES

Tropical fruit and liquid may be poured into serving line pans and portioned on service line with a 4 ounce spoodle or #8 scoop for ½ cup of fruit.

NUTRIENTS PER SERVING

Calories	126	Dietary Fiber	1.90 g	Sodium	2.93 mg	Sat. Fat	0.03 g
Carbohydrates	32.73 g	Protein	0.60 g	Total Fat	0.15 g	Trans Fat	0.00 g