

FRUIT AND YOGURT PLATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup fruit

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup fruit, 4

ounces of yogurt, 1 muffin, 1 ounce of cheese

RECIPE HACCP PROCESS: #1 - No cook


MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Apples, Granny Smith, Whole, Fresh, #4201	1 pound + 12 ounces
Cantaloupe Melons, Raw, #4204	4 pounds + 6 ounces, as purchased
Grapes, Red Seedless, Bulk, Fresh, #4206	2 pounds + 8 ounces
Honeydew Melons, Fresh, #4207	5 pounds + 4 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 pounds
Kiwi Fruit, Fresh, Whole, #4208	1 pound
Strawberries, Fresh, Whole, #4214	2 pounds, sliced
Cheese, Cheddar, Plank 1 oz, #1299	50 planks, ½ ounce slices
Yogurt, Strawberry, #1324	25 containers
Yogurt, Strawberry Banana, #1326	25 containers
Muffin, Banana WGR, #1211	50 muffins

DIRECTIONS

- Select seasonal fruits of choice, such as those listed in the ingredient list.
Choose any fruit combination or single fruit to equal ½ cup serving.
If serving other fruits than those listed in the ingredient list, reference the Food Buying Guide to determine the serving size required to meet the fruit component and recalculate the nutrient analysis.
- On the day of service; rinse the fruit under cold, running water, then drain them thoroughly.
Peel the fruit, if needed, and cut them into bite-sized portions. The cut apples should be soaked for 5 minutes in a solution of 1 cup of pineapple juice to 1 quart of water. Drain the apples thoroughly before assembling the fruit and yogurt plate.
Combine all of the fruits to make a fruit blend. Cover and refrigerate the fruits until ready for salad plate assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.
- If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water, and drain thoroughly. Cut the leaves to use as liners for the salad containers. Cover and refrigerate until ready for salad assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.
- Rinse the strawberries and kiwifruit under cool, running water. Drain them thoroughly.
- Cut strawberries into a fan shape.
Slice kiwifruit into ¼ inch slices.
Cover and refrigerate the strawberries and kiwifruit until ready for salad assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.

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DIRECTIONS

6. To assemble the salads:
- In the center of the salad container, place lettuce leaf liner.
 - Portion $\frac{1}{2}$ cup of the fresh fruit mix (apples, grapes, cantaloupe bites, and honeydew bites).
 - Place one 4-ounce cup of yogurt in the front corner of the container.
 - Place one 2-ounce individually wrapped muffin in the opposite corner from the yogurt.
 - Add plank of cheddar cheese.
 - Add 2 slices of kiwifruit and 2 fanned strawberries for garnish.
 - Cover the salads and refrigerate them until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

7. Portion 1 salad for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain and $\frac{1}{2}$ 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 products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for salads.

SERVING NOTES

Fruit may be served whole or sliced, depending on student's preferences.

MISCELLANEOUS NOTES

Presentation Ideas: Line the plates with lettuce leaves prior to arranging fruit.

A container that allows space for the salad, yogurt, muffin, and cheese is recommended, as well as a clear plastic lid for eye appeal is preferable.

Crediting is based on fruit listed in the ingredients list. If serving other fruits, reference the Food Buying Guide for Child Nutrition Programs to determine the serving size required to meet the fruit component.

If other types of fruit are offered, the nutrient analysis must be recalculated.

NUTRIENTS PER SERVING

Calories	408	Dietary Fiber	4.12 g	Sodium	375.27 mg	Sat. Fat	7.09 g
Carbohydrates	56.64 g	Protein	15.49 g	Total Fat	14.41 g	Trans Fat	0.00 g