

APPLE AND ORANGE WEDGES (FRESH)

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

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

RECIPE HACCP PROCESS: #1 - No cook



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #4202	7 pounds
Oranges, Navel or Valencia, #4211	17 pounds

DIRECTIONS

- Rinse fruit in cool running water. Drain.
- Slice apples into 6 wedges each using apple wedger with corer. Lightly coat apples with lemon juice or pineapple juice to prevent the slices from turning brown.
Slice oranges into 6 wedges each using wedger.
- Combine fruits. Cover and place under refrigeration until ready for service.
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- Portion 6 slices (3 apple slices and 3 orange slices) for each serving. Each portion provides ½ cup fruit.
CCP: Hold cut product under refrigeration (41 degrees F or lower). Leftovers should be covered, labeled, and dated. If unable to hold under refrigeration, throw away after 4 hours. Any leftover fruit should be refrigerated for service later in the week.

PRODUCTION NOTES

Wedger should be cleaned and sanitized before use.

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 different varieties of 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.

NUTRIENTS PER SERVING

Calories	53	Dietary Fiber	2.59 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	13.45 g	Protein	0.81 g	Total Fat	0.15 g	Trans Fat	0.00 g