

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, Assorted Varieties, Fresh, #4211	18 pounds

DIRECTIONS

1. Rinse the fruit in cool, running water. Drain the fruit thoroughly.
2. Slice the apples into 6 wedges each using an apple wedger with a corer. Wedger should be cleaned and sanitized before use. A knife may be also used to cut the apples into 6 wedges.
3. The apples should be soaked for 5 minutes in a solution of 1 cup pineapple juice to 1 quart of water. Drain the apple slices thoroughly after they have soaked.
4. Slice the oranges into 6 wedges using fruit wedger. The wedger should be cleaned and sanitized before use. A knife may be also used to cut the apples into 6 wedges.
5. Cover the fruit with plastic wrap and refrigerate it until assembly.

CCP: Hold cut product under refrigeration 41 degrees F or lower.

6. Portion 3 apple slices and 3 orange slices per each serving. Each portion provides ½ cup fruit.

CCP: Hold cut product under refrigeration (41 degrees F or lower). Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

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	55	Dietary Fiber	2.70 g	Sodium	0.00 mg	Sat. Fat	0.03 g
Carbohydrates	13.98 g	Protein	0.85 g	Total Fat	0.15 g	Trans Fat	0.00 g