

**CALICO FRUIT**

FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 60 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 60 SERVINGS)
Bananas, Raw, Regular, Green Tips, #4203	2 pound(s)
Apples, Raw, Red Delicious, #4202	1 pound(s)
Oranges, Navel or Valencia, #4211	2 each
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	8 ounce(s)
Oranges, Mandarin, (Tangerine), #2410	1 #10 can(s)
Pineapple, Canned, Tidbits in Juice, #2415	1 #10 can(s)
Juice, Apple, #1515	8 ounce(s)

**DIRECTIONS**

- Rinse all fresh fruit under cool running water and drain.
- Cut up bananas, oranges, and apples.  
Stem grapes.  
Combine all fresh fruit in large mixing bowl.
- Drain mandarin oranges.
- Combine mandarin oranges and pineapple with fresh fruit, cover and chill.  
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes.
- Portion with a 4 ounce spoodle or #8 scoop (½ cup) per serving. Each portion provides ½ cup of fruit.  
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**PRODUCTION NOTES**

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 canned).

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	83	Dietary Fiber	1.46 g	Sodium	3.81 mg	Sat. Fat	0.03 g
Carbohydrates	21.62 g	Protein	0.68 g	Total Fat	0.17 g	Trans Fat	0.00 g