

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 pounds
Apples, Raw, Red Delicious, #4202	1 pounds
Oranges, Assorted Varieties, Fresh, #4211	2 each
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	8 ounces
Oranges, Mandarin, (Tangerine), #2410	1 #10 cans
Pineapple, Canned, Tidbits in Juice, #2415	1 #10 cans

DIRECTIONS

- If serving fruits other than in this recipe, reference the Food Buying Guide to determine the serving size required to meet the fruit component.
On the day of service, rinse fresh fruit under cold, clean, running water. Drain the fruit thoroughly.
- Peel the oranges and section orange segments. Place the oranges in a large bowl.
- Remove the stems from the grapes and place the grapes in the bowl with oranges.
- Core the apples and slice them into bite-size pieces. Combine the apples with the other fruit in the bowl.
- Peel the bananas and slice them in ¼ inch slices, then combine the bananas with the other fruit in the bowl.
- Drain the mandarin oranges.
- Combine the mandarin oranges and pineapple with the fresh fruit, cover, and then chill the mixture until ready for service.
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.
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

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