

APPLES (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 apple

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #4202	100 each

DIRECTIONS

1. Rinse apples in cool running water. Drain.
2. Portion 1 apple per serving. Each portion provides ½ cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

PRODUCTION NOTES

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 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	72	Dietary Fiber	3.31 g	Sodium	1.00 mg	Sat. Fat	0.04 g
Carbohydrates	19.06 g	Protein	0.36 g	Total Fat	0.23 g	Trans Fat	0.00 g