

BANANAS (FRESH)

FRUITS

MEAL COMPONENT CONTRIBUTION: $\frac{1}{2}$ cup fruit**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bananas, Raw, Regular, Green Tips, #4203	100 medium, (7" to 7-7/8")

DIRECTIONS

1. Rinse the bananas under cool, running water on the day of service, then drain them thoroughly.
2. Bananas may be served bananas whole or sliced in half. If they are sliced in half, dip the ends in pineapple juice to keep ends from turning brown.
3. When serving them whole, place the bananas in a pan then cover them and store them at room temperature, until time of service.
4. Portion 1 banana for serving. Each portion provides $\frac{1}{2}$ cup of fruit.

PRODUCTION NOTES

The peel of bananas stored in the refrigerator will turn brown.

To ripen bananas, leave them sealed in their packing box.

To slow ripening, take the lids off of the boxes, open the plastic liner and air stack to ventilate them.

Overripe bananas may be used for banana muffins or bread or added to fruit cups.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used.

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.

MISCELLANEOUS NOTES

The peel of bananas stored in the refrigerator will turn brown.

To ripen bananas, leave them sealed in their packing box.

To retard ripening, take the lids off the boxes, open the plastic liner and air-stack to ventilate them. Overripe bananas may be used for banana muffins or bread or added to fruit cups.

NUTRIENTS PER SERVING

Calories	105	Dietary Fiber	3.07 g	Sodium	1.18 mg	Sat. Fat	0.13 g
Carbohydrates	26.95 g	Protein	1.29 g	Total Fat	0.39 g	Trans Fat	0.00 g