

BANANAS (FRESH)

FRUITS

MEAL COMPONENT CONTRIBUTION:

½ 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. Drain the bananas thoroughly.
2. Bananas may be served 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. Cover the bananas and store them at room temperature, until the time of service.
4. Portion one banana for serving. Each portion provides ½ cup of fruit.

PRODUCTION NOTES

- If the bananas are stored in the refrigerator, the banana peels will turn brown.
- To ripen bananas, leave them sealed in their packing box.
- To slow 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.
- Use USDA Foods or Department of Defense (DoD) products when available.

SERVING NOTES

Bananas may be served whole or sliced in half. If the bananas are sliced in half, dip the ends in pineapple juice to keep the ends from turning brown.

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	112	Dietary Fiber	3.28 g	Sodium	1.26 mg	Sat. Fat	0.14 g
Carbohydrates	29.00 g	Protein	1.40 g	Total Fat	0.42 g	Trans Fat	0.00 g