

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 under cool running water on the day of service. Drain unpeeled bananas.
2. When serving whole, place in pan, cover, and store at room temperature until ready for service.
3. Portion 1 banana for serving. Each portion provides 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 riping, take the lids off of the boxes, open the plastic liner and air stack to ventilate them.

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

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.

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.

SERVING NOTES

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

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 | 1.00 mg | Sat. Fat | 0.13 g |
| Carbohydrates | 26.95 g | Protein | 1.29 g | Total Fat | 0.39 g | Trans Fat | 0.00 g |