

# BLUEBERRIES (FRESH)-F2S



FRUITS

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Blueberries, Fresh	19 pounds

**DIRECTIONS**

1. Rinse the fruit in cool, clean, running water, then drain it thoroughly.
2. Portion  $\frac{1}{2}$  cup of blueberries with a #8 scoop or a 4 ounce spoodle into an individual portion container. Cover with plastic wrap and chill until ready for service.

CCP: Hold product under refrigeration (41 degrees F or lower) until ready for service.

3. Portion  $\frac{1}{2}$  cup of blueberries per serving. Each portion provides  $\frac{1}{2}$  cup of fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

**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 frozen).

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.

If using frozen IQF blueberries, 17 pounds provides  $\frac{1}{2}$  cup of for for 100 servings.

**NUTRIENTS PER SERVING**

Calories	49	Dietary Fiber	2.07 g	Sodium	0.86 mg	Sat. Fat	0.03 g
Carbohydrates	12.49 g	Protein	0.64 g	Total Fat	0.29 g	Trans Fat	0.00 g