

# BLUEBERRIES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Blueberries, Fresh	20 pounds

**DIRECTIONS**

1. Rinse fruit in cool running water. Drain.
2. Portion ½ cup of blueberries 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 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 ½ cup of for for 100 servings.

**NUTRIENTS PER SERVING**

Calories	52	Dietary Fiber	2.18 g	Sodium	1.00 mg	Sat. Fat	0.03 g
Carbohydrates	13.15 g	Protein	0.67 g	Total Fat	0.30 g	Trans Fat	0.00 g