

# CANTALOUPE CUBES (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)
Cantaloupe Melons, Raw, #4204	35 pounds , (as purchased)

**DIRECTIONS**

- Rinse fruit in cool, running water, then drain them thoroughly.
- Peel the rind from the melons. Remove the seeds and pith. Cut the melons into bite-size pieces.
- Portion ½ cup of cantaloupe pieces with #8 scoop or 4 ounce spoodle in individual portion containers for service.  
Cover and place under refrigeration until ready for service  
ALTERNATE INSTRUCTIONS: Place cantaloupe pieces in 2-inch deep steam table pans. Cover and place under refrigeration until ready for service.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
- If serving melon from steamtable pans, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. If serving individual portions, portion 1 individual portion container.  
Each portion provides ½ cup fruit.  
CCP: Hold cut product under refrigeration (41 degrees F or lower) for a maximum of 1 day. Leftovers should be covered, labeled, and dated. If unable to hold under refrigeration, throw away after 4 hours.

**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 canned).

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.

**NUTRIENTS PER SERVING**

Calories	27	Dietary Fiber	0.71 g	Sodium	13.00 mg	Sat. Fat	0.04 g
Carbohydrates	6.40 g	Protein	0.66 g	Total Fat	0.15 g	Trans Fat	0.00 g