

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

1. Rinse fruit in cool running water. Drain.
2. Peel rind from melons. Remove seeds and pith. Cut melons into bite size pieces.
3. Portion ½ cup cut cantaloupe into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.

CCP: Refrigerate fruit for service at 41 degrees F or lower.

4. If serving melon from the serving pan, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. 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