

# FRESH FRUIT CUP



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)
Apples, Raw, Red Delicious, #4202	5 pounds
Bananas, Raw, Regular, Green Tips, #4203	5 pounds
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #2409	1 pints
Fruit Cocktail, Canned in Lite Syrup, Bulk, #2404	2 #10 cans
Cherries, Maraschino, Red, Halves, #2401	1 cups

**DIRECTIONS**

- Rinse apples and bananas under cold running water. Drain. Dice into small pieces. To prevent browning, mix with pineapple juice.
- Do NOT drain fruit cocktail. Drain cherries and rinse lightly before adding to other fruit.
- Mix fresh fruit with fruit cocktail and cherries. Portion ½ cup of fruit into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service. Cover and chill in refrigerator.
 

CCP: Hold cut product under refrigeration (41 degrees F or lower).
- If serving fruit from the serving pan, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. Each portion provides ½ cup 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. 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	64	Dietary Fiber	1.84 g	Sodium	3.00 mg	Sat. Fat	0.04 g
Carbohydrates	16.48 g	Protein	0.58 g	Total Fat	0.17 g	Trans Fat	0.00 g