

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

**DIRECTIONS**

1. Rinse the apples and bananas under, cold, clean, running water. Drain the fruit thoroughly.
2. Dice apples into bite-sized pieces.
3. Peel the bananas and slice them in ¼" thick rounds and add them to the apples. To prevent the browning of apples and bananas, mix with pineapple juice.
4. Drain the cherries and rinse them lightly before adding them to the other fruit.
5. Open cans of fruit cocktail. Do not drain. Mix the fresh fruit with fruit cocktail.
6. 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).

7. If serving fruit from the serving pan, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. If serving individual portions, portion 1 individual portion container per serving. 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