

FRUIT CUPS (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	2 cups
Cherries, Maraschino, Red, Halves, #2402	1 cup
Fruit Cocktail, Canned in Lite Syrup, Bulk, #2404	2 #10 cans

DIRECTIONS

- Rinse the apples and bananas under, cold, clean, running water. Drain the fruit thoroughly.
- Dice the apples into bite-sized pieces. Place them in a large bowl.
- Peel the bananas, then slice them in ¼-inch thick rounds. Add the banana slices to the bowl with the apples.
- To prevent the apples and bananas from browning, mix them with the pineapple juice.
- Drain the cherries. Rinse the cherries lightly before adding them to the fresh fruit.
- Open the cans of fruit cocktail. Do not drain the fruit cocktail. Mix the fresh fruit with the fruit cocktail.
- Portion ½ cup of fruit with a #8 scoop or 4 ounce spoodle into individual portion containers for service. Cover the fruit and chill it until time for service.
ALTERNATE INSTRUCTIONS: Place the fruit mixture in serving line pans. Cover the pans and chill them until time for service.
CCP: Hold cut product under refrigeration (41 degrees F or lower).
- If serving individual portions, portion one individual portion container per serving. 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. Refrigerate at 41 degrees F or lower.

PRODUCTION NOTES

- Chill the cans of fruit cocktail overnight in the refrigerator.
- Use USDA Foods or Department of Defense (DoD) products when available.

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

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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