

FRUIT BOWL (FRESH)

FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 each**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #4202	25 each
Pears, Raw, Bartlett or D-Anjou, #4212	25 each
Oranges, Assorted Varieties, Fresh, #4211	25 each
Bananas, Raw, Regular, Green Tips, #4203	25 each

DIRECTIONS

- You may serve any combination of the fruits listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size to meet the fruit component.
- Rinse the fruit under cool, clean, running water. Drain the fruit thoroughly.
- After rinsing and draining the fruits, place them in a pan. Cover the container, and store at room temperature until time for service. Fruit, except bananas, can be refrigerated for cold service.
- Prior to service, place in a large, clean bowl on the serving line.
ALTERNATE INSTRUCTIONS: Portion fruit individually for student selection.
- Portion 1 piece of fruit per serving. Each portion provides ½ cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

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.

SERVING NOTES

Optional service is to portion fruit individually for student selection.

May serve any combination of the fruits listed in the ingredients.

NUTRIENTS PER SERVING

Calories	84	Dietary Fiber	3.65 g	Sodium	1.00 mg	Sat. Fat	0.05 g
Carbohydrates	21.72 g	Protein	0.87 g	Total Fat	0.24 g	Trans Fat	0.00 g