

# GRAPEFRUIT HALVES (FRESH)

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** grapefruit half

**RECIPE HACCP PROCESS:** #1 - No cook


FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Grapefruit, Fresh, Whole	25 medium , (4" diameter)

**DIRECTIONS**

1. Rinse the grapefruit under cool, clean, running water, then drain them thoroughly.
2. Cut each grapefruit in half. Cover the grapefruit, then chill them.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
3. Portion half of a grapefruit per serving. Each portion provides ½ cup fruit.  
CCP: CHold under refrigeration (41 degrees F or lower). Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

**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 another type of citrus).

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	41	Dietary Fiber	1.41 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	10.34 g	Protein	0.81 g	Total Fat	0.13 g	Trans Fat	0.00 g