

GRAPES (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)
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	19 pounds + 4 ounces

DIRECTIONS

1. Rinse the grapes in cool, clean, running water, then drain them thoroughly.
2. Portion ½ cup (about 14 grapes) with a #8 scoop or a 4 ounce spoodle into individual serving dishes.
3. Cover and chill until ready for service.

CCP: Refrigerate fruit for service at 41 degrees F or lower.

4. Portion ½ cup of grapes per serving. Each portion provides ½ cup of fruit.

CCP: Hold 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 canned).

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.

Use loose grapes to garnish fresh-cup melons or other fruit combinations.

Use a variety of grapes for added color.

Using scissors, snip clusters so clusters are uniform in size or purchase "lunch bunch" grapes.

SERVING NOTES

Avoid grapes that are soft, wrinkled, or wilted.

MISCELLANEOUS NOTES

Store grapes unwashed.

NUTRIENTS PER SERVING

Calories	59	Dietary Fiber	0.79 g	Sodium	1.75 mg	Sat. Fat	0.10 g
Carbohydrates	14.97 g	Protein	0.55 g	Total Fat	0.31 g	Trans Fat	0.00 g