

MELON CUBES (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)
Cantaloupe Melons, Raw, #4204	17 pounds + 8 ounces
Honeydew Melons, Fresh, #4207	20 pounds + 8 ounces

DIRECTIONS

- Rinse the melons under cool, running water. Drain the melons thoroughly.
- Peel the rind from the melons. Remove the seeds and pith.
Cube the melons into bite size pieces. Combine the melons together.
- Portion ½ cup of cantaloupe pieces with #8 scoop or 4 ounce spoodle in individual portion containers for service.
Cover and place under refrigeration until ready for service
ALTERNATE INSTRUCTIONS: Place cantaloupe pieces in 2-inch deep steam table pans. Cover and place under refrigeration until ready for service.
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- If serving melon from steamtable pans, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. If serving individual portions, portion 1 individual portion container.
Each portion provides ½ cup fruit.
CCP: Hold cut product under refrigeration (41 degrees F or lower) for a maximum of 1 day. Leftovers should be covered, labeled, and dated. If unable to hold under refrigeration, throw away after 4 hours.

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 other types of fruits).
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

Melons are sensitive to extreme heat or cold.
Flavor and texture can be improved if product is held for a few days at 60 F, prior to use.

NUTRIENTS PER SERVING

Calories	60	Dietary Fiber	1.46 g	Sodium	29.44 mg	Sat. Fat	0.08 g
Carbohydrates	14.93 g	Protein	1.17 g	Total Fat	0.28 g	Trans Fat	0.00 g