

MELON CUBES (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

1/2 cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cantaloupe Melons, Raw, #4204	15 pounds
Honeydew Melons, Fresh, #4207	20 1/2 pounds

DIRECTIONS

1. Rinse melons under cool running water. Drain.
2. Peel rind from melons. Remove seeds and pith. Cube melons into bite size pieces.
3. Combine cut melons and portion 1/2 cup cut melons into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.

CCP: Hold cut product under refrigeration 41 degrees F or lower.

4. If serving melon from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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	57	Dietary Fiber	1.36 g	Sodium	28.00 mg	Sat. Fat	0.07 g
Carbohydrates	14.00 g	Protein	1.07 g	Total Fat	0.26 g	Trans Fat	0.00 g