

# ORANGES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 orange

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Oranges, Assorted Varieties, Fresh, #4211	36 pounds

**DIRECTIONS**

1. Rinse the fruit under cool, clean, running water, then drain it thoroughly.
2. Portion 1 orange per serving. Each portion provides ½ cup of fruit.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. 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 a different kind of citrus fruit).  
 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	77	Dietary Fiber	3.87 g	Sodium	0.00 mg	Sat. Fat	0.03 g
Carbohydrates	19.19 g	Protein	1.53 g	Total Fat	0.20 g	Trans Fat	0.00 g