MEAL COMPONENT CONTRIBUTION:
$1 / 2$ cup fruit
NUMBER OF PORTIONS: 100 SIZE OF PORTION: 1 orange
RECIPE HACCP PROCESS: \#1 - No cook
FRUITS

INGREDIENT
Oranges,Assorted Varieties, Fresh, \#4211

MEASURE (FOR 100 SERVINGS)
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 $1 / 2$ 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 |

