

PEACHES (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

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

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peaches, Raw	100 each , (4 per pound)

DIRECTIONS

1. Rinse peaches under cool running water. Drain.
2. Portion 1 peach per serving. Each portion provides ½ cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

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 peaches are used (such as frozen or 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.

NUTRIENTS PER SERVING

Calories	34	Dietary Fiber	1.30 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	8.30 g	Protein	0.79 g	Total Fat	0.22 g	Trans Fat	0.00 g