

PEARS (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)
Pears, Raw, Bartlett or D-Anjou, #4212	26 pounds

DIRECTIONS

1. Rinse pears in cool running water. Drain.
2. Portion one pear per serving. Each portion provides ½ cup 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 fruit are used (such as 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	68	Dietary Fiber	3.66 g	Sodium	1.00 mg	Sat. Fat	0.01 g
Carbohydrates	18.23 g	Protein	0.45 g	Total Fat	0.14 g	Trans Fat	0.00 g