

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	30 pounds + 8 ounces

DIRECTIONS

1. Rinse pears under cool, clean, running water, then drain the pears thoroughly.
2. Portion one pear per serving. Each portion provides ½ cup 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 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	80	Dietary Fiber	4.29 g	Sodium	1.38 mg	Sat. Fat	0.01 g
Carbohydrates	21.39 g	Protein	0.53 g	Total Fat	0.17 g	Trans Fat	0.00 g