

STRAWBERRIES (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Strawberries, Fresh, Whole, #4214	20 pounds

DIRECTIONS

1. Wash strawberries under cool running water. Do not wash strawberries until day of service. Drain.
2. Portion with 4 ounce spoodle or #8 scoop (½ cup) 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 or frozen).

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	29	Dietary Fiber	1.81 g	Sodium	1.00 mg	Sat. Fat	0.01 g
Carbohydrates	6.97 g	Protein	0.61 g	Total Fat	0.27 g	Trans Fat	0.00 g