

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 | 19 pounds + 4 ounces |

DIRECTIONS

1. Wash the strawberries under cool, clean, running water.
2. Do not wash the strawberries until the day of service. Drain the strawberries thoroughly.
 CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service.
3. Portion ½ cup strawberries with 4 ounce spoodle or #8 scoop into individual portion containers for serving. Each portion provides ½ cup fruit.
 CCP: 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 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 | 28 | Dietary Fiber | 1.75 g | Sodium | 0.87 mg | Sat. Fat | 0.01 g |
| Carbohydrates | 6.71 g | Protein | 0.59 g | Total Fat | 0.26 g | Trans Fat | 0.00 g |