FRUIT COCKTAIL (CANNED)

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)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #2404  4 #10 cans + 6 1/2 cups

DIRECTIONS
1. Do not drain fruit.
2. Portion ½ cup of fruit cocktail into individual serving dishes or place in 2 inch deep serving pans.
   Cover and place under refrigeration until ready for service.
   CCP: Hold product under refrigeration (41 degrees F or lower).
3. If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit.
   Each portion provides ½ cup fruit.
   CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30
   minutes. Cover, label, and date any leftovers.

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 another type of canned fruit).
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
<table>
<thead>
<tr>
<th>Calories</th>
<th>58</th>
<th>Dietary Fiber</th>
<th>1.41 g</th>
<th>Sodium</th>
<th>5.00 mg</th>
<th>Sat. Fat</th>
<th>0.01 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>14.91 g</td>
<td>Protein</td>
<td>0.51 g</td>
<td>Total Fat</td>
<td>0.09 g</td>
<td>Trans Fat</td>
<td>0.00 g</td>
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