

FROZEN FRUIT JUICE CUPS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit juice

NUMBER OF PORTIONS: 150 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook


FRUITS

INGREDIENT	MEASURE (FOR 150 SERVINGS)
Fruit Freeze, Wild Cherry, #1500	50 each
Fruit Freeze, Orange/Pineapple, #1501	50 each
Fruit Freeze, Mixed Berry/Lemon, #1502	50 each

DIRECTIONS

- Keep frozen. Serve a variety of frozen fruit cups.
 Portion 1 fruit freeze per serving. Each portion provides ½ cup fruit juice.
 CCP: Hold in freezer (32 degrees F or lower) until ready for service.

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 frozen fruit cups are used.

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	70	Dietary Fiber	3.00 g	Sodium	7.00 mg	Sat. Fat	0.00 g
Carbohydrates	19.33 g	Protein	0.00 g	Total Fat	0.03 g	Trans Fat	0.00 g