

KIWIFRUIT WEDGES (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 3 halves**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Kiwi Fruit, Fresh, Whole, #4208	150 each

DIRECTIONS

1. Rinse kiwifruit under cool running water. Drain.
2. Slice kiwifruits in half.
3. Portion 3 halves in individual serving dishes or place in serving line pans, cover, and store in refrigerator until time for service. Each portion provides ½ cup of 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

For service, kiwifruits can be peeled.

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.

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.

SERVING NOTES

An optional service is to serve with spoon and children can scoop out fruit.

NUTRIENTS PER SERVING

Calories	70	Dietary Fiber	3.42 g	Sodium	3.00 mg	Sat. Fat	0.03 g
Carbohydrates	16.71 g	Protein	1.30 g	Total Fat	0.59 g	Trans Fat	0.00 g