

# MANDARIN FRUIT CUP (CANNED)



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)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #2404	3 #10 cans + 6 1/2 cups
Oranges, Mandarin, (Tangerine), #2410	1 #10 cans

**DIRECTIONS**

1. Open cans and do not drain liquid.
2. Combine fruits in large bowl.
3. 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 cut product under refrigeration (41 degrees F or lower).

4. If serving fruit cup 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.

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	62	Dietary Fiber	1.29 g	Sodium	6.00 mg	Sat. Fat	0.01 g
Carbohydrates	16.28 g	Protein	0.53 g	Total Fat	0.10 g	Trans Fat	0.00 g