

PEAR AND KIWIFRUIT MEDLEY



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)
Pears, Canned, Light Syrup, Diced, #2414	3 #10 cans + 8 cups
Kiwi Fruit, Fresh, Whole, #4208	50 each

DIRECTIONS

1. Open cans. Do not drain pears.
2. Pour pears into steamtable pan(s).
3. Rinse kiwifruits in cool running water. Drain.
4. Peel and slice kiwifruits.
5. Add kiwifruits to pears.
Toss gently to mix.
Cover and chill until ready for service.

CCP: Hold cut product under refrigeration (41 degrees F or lower).

6. Portion with 4 ounce spoodle or # 8 scoop (½ cup) per serving. Each portion provides ½ cup fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Any leftover fruit should be refrigerated for service later in the week.

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).

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	86	Dietary Fiber	2.90 g	Sodium	7.00 mg	Sat. Fat	0.01 g
Carbohydrates	22.27 g	Protein	0.64 g	Total Fat	0.23 g	Trans Fat	0.00 g