

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	2 #10 cans + 4 cups
Kiwi Fruit, Fresh, Whole, #4208	50 each

DIRECTIONS

- Chill the cans of pears in the refrigerator overnight.
CCP: Hold under refrigeration (41 degrees F or lower).
- Open the cans and do not drain liquid. Pour the pears into a large bowl.
- Rinse the kiwifruits in cool, clean, running water, then drain them thoroughly.
- Peel the kiwifruits, then cut them into wedges.
- Add the kiwifruits to the pears.
Toss the fruit gently to mix.
Cover and refrigerate the fruit until ready for service.
CCP: Cover and hold the product under refrigeration (41 degrees F or lower) until ready for service.
- 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). Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

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	63	Dietary Fiber	2.26 g	Sodium	4.64 mg	Sat. Fat	0.01 g
Carbohydrates	16.20 g	Protein	0.57 g	Total Fat	0.22 g	Trans Fat	0.00 g