

# PINEAPPLE CUBES (FRESH)



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)
Pineapple, Raw	32 pounds

**DIRECTIONS**

- Rinse fruit in cool running water. Drain.
- Peel and remove core. Cut into 1-inch cubes. Cover and chill.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion cubes with #8 scoop or 4 ounce spoodle (½ cup) per serving. Each portion provides ½ cup 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**

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	73	Dietary Fiber	2.03 g	Sodium	1.00 mg	Sat. Fat	0.01 g
Carbohydrates	19.04 g	Protein	0.78 g	Total Fat	0.17 g	Trans Fat	0.00 g