

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 | 31 pounds + 8 ounces |

DIRECTIONS

- Rinse the pineapples under cool, clean, running water. Drain them thoroughly.
- Peel the pineapples and remove the cores. Cut the pineapples into 1-inch cubes. Cover with plastic wrap and refrigerate until time of service.
 CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion the cubes with #8 scoop or 4 ounce spoodle per serving. Each portion provides ½ cup fruit.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. 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 | 71 | Dietary Fiber | 2.00 g | Sodium | 1.43 mg | Sat. Fat | 0.01 g |
| Carbohydrates | 18.75 g | Protein | 0.77 g | Total Fat | 0.17 g | Trans Fat | 0.00 g |