

# RAISINS-USDA FOODS



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 package

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Raisins, Seedless, Dark, #2416	50 small boxes

**DIRECTIONS**

1. Portion one 1 1/3-ounce box of raisins for serving. Each serving provides ½ cup fruit

**PRODUCTION NOTES**

Use commodity products when available.

**MISCELLANEOUS NOTES**

Use USDA Foods 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	113	Dietary Fiber	1.39 g	Sodium	4.00 mg	Sat. Fat	0.02 g
Carbohydrates	29.82 g	Protein	1.16 g	Total Fat	0.17 g	Trans Fat	0.00 g