

RAISINS



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 , 1 ½ ounce

DIRECTIONS

1. Portion one 1 ½ ounce box of raisins for 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