

# TROPICAL FRUIT (CANNED)



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) |
|------------------------------|----------------------------|
| Fruit, Tropical, Bulk, #2405 | 4 #10 cans + 6 1/2 cups    |

**DIRECTIONS**

- Chill the cans of fruit in the refrigerator overnight.  
CCP: Hold cut product under refrigeration (41 degrees F or lower).
- Open the cans, but do not drain fruit.
- Portion with a 4 ounce spoodle or #8 scoop into individual portion containers. Cover and refrigerate until time for service.  
ALTERNATE INSTRUCTIONS: Place tropical fruit in 2 inch deep steamtable pans. Cover and place under refrigeration until ready for service.  
CCP: Hold cut product under refrigeration (41 degrees F or lower).
- If serving tropical fruit from the steamtable pans, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit. If serving individual portions, portion 1 individual portion container per serving.  
Each portion provides ½ cup fruit.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

**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 another type of canned fruit).

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      | 119     | Dietary Fiber | 1.79 g | Sodium    | 2.76 mg | Sat. Fat  | 0.03 g |
| Carbohydrates | 30.87 g | Protein       | 0.57 g | Total Fat | 0.14 g  | Trans Fat | 0.00 g |