

WATERMELON CHUNKS (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)
Watermelon, Fresh, #4216	33 pound(s)

DIRECTIONS

- Rinse melons under cool running water. Drain.
- Cut watermelons in half, then cut melons into wedges to equal ½ cup serving. Cover and place under refrigeration until ready for service.
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- Portion 1 wedge per serving. Each portion provides ½ cup of fruit.
CCP: Hold cut product under refrigeration (41 degrees F or lower) for a maximum of 1 day. Leftovers should be covered, labeled, and dated. If unable to hold under refrigeration, throw away after 4 hours.

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.

SERVING NOTES

Other options for service:

- Cut watermelon into cubes and portion ½ cup cut melons into individual serving dishes or place in 2 inch deep serving pans. If serving melon from the serving pan, portion with 4 ounce spoodle or # 8 scoop for ½ cup fruit.

NUTRIENTS PER SERVING

Calories	45	Dietary Fiber	0.60 g	Sodium	1.50 mg	Sat. Fat	0.02 g
Carbohydrates	11.30 g	Protein	0.91 g	Total Fat	0.22 g	Trans Fat	0.00 g