

WATERMELON CHUNKS (FRESH)

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Watermelon, Fresh, #4216	33 pounds

DIRECTIONS

1. Rinse the melons under cool, running water. Drain the melons thoroughly.
2. Cut watermelons in half.

CCP: Hold cut product under refrigeration 41 degrees F or lower.

3. Three options for service:
 - Cut the watermelons into wedges to equal ½ cup serving.
 - Cut the watermelons into cubes. Portion with #8 scoop or 4 ounce ladle for ½ cup serving.
 - Use a #8 scoop, scoop ½ cup servings into individual portion containers.
4. Portion ½ cup of watermelon 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. 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.

SERVING NOTES

Other options for service:

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

NUTRIENTS PER SERVING

Calories	45	Dietary Fiber	0.60 g	Sodium	1.00 mg	Sat. Fat	0.02 g
Carbohydrates	11.30 g	Protein	0.91 g	Total Fat	0.22 g	Trans Fat	0.00 g