

# APPLE DELICIOUS (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2 apple halves**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	100 small, (2-3/4" diameter)
Gelatin, Strawberry Flavor, #389	1 pound(s)

**DIRECTIONS**

- Rinse fruit in cool running water. Drain.
- Place gelatin in shallow container. Cut apples in half. Dip each apple cut side down into dry gelatin to coat surface.
- Place 2 apple halves in each container, cut side up. Cover and refrigerate until ready for service.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion 2 apple halves per serving. Each portion provides 1/2 cup of fruit.  
CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	94	Dietary Fiber	3.58 g	Sodium	19.39 mg	Sat. Fat	0.04 g
Carbohydrates	26.64 g	Protein	0.63 g	Total Fat	0.25 g	Trans Fat	0.00 g

# APPLE SLICES IN A BAG



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 bag

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apple Slices, #547	100 bag(s)

**DIRECTIONS**

1. Refrigerate until ready for service.
2. Portion 1 bag per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	30	Dietary Fiber	1.00 g	Sodium	1.00 mg	Sat. Fat	0.00 g
Carbohydrates	8.00 g	Protein	0.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

# APPLESAUCE (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Applesauce, Canned, Without Sugar, #232	4 #10 can(s) + 6 1/2 cup(s)

**DIRECTIONS**

1. Open cans and do not drain liquid.
2. Portion with a # 8 scoop or a 4 ounce spoodle (1/2 cup) per serving. Each portion provides 1/2 cup of 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

Cans of applesauce may also be poured into serving line pans and served with a #8 scoop or a 4 ounce spoodle (1/2 cup).

**NUTRIENTS PER SERVING**

Calories	59	Dietary Fiber	1.70 g	Sodium	2.27 mg	Sat. Fat	0.01 g
Carbohydrates	15.62 g	Protein	0.24 g	Total Fat	0.07 g	Trans Fat	0.00 g

# APPLES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 apple

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	100 each

**DIRECTIONS**

1. Rinse apples in cool running water. Drain.
2. Portion 1 apple per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	72	Dietary Fiber	3.31 g	Sodium	1.38 mg	Sat. Fat	0.04 g
Carbohydrates	19.06 g	Protein	0.36 g	Total Fat	0.23 g	Trans Fat	0.00 g

# HOT CINNAMON APPLES (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Apples, Canned, Water Pack, Sliced, #231	2 #10 can(s)
Margarine, Bulk, #119	8 ounce(s)
Water, Hot, Municipal	2 cup(s)
Sugar, Granulated, #404	1 pound(s) + 8 ounce(s)
Salt, Table, #343	1 tablespoon(s)
Cinnamon, Ground, #330	2 tablespoon(s)

**DIRECTIONS**

- Pour 1 can of apples (undrained) into each of two full-size steamtable pans.
- Melt margarine.
- Add hot water, granulated sugar, salt, and ground cinnamon to melted margarine. Stir to dissolve.
- Pour 3 1/4 cups mixture over apples in each steamtable pan.
- To bake:  
Conventional oven: 350 degrees F, 30 - 40 minutes.  
Convection oven: 350 degrees F, 30 minutes.
- Serve immediately or cover and place in warmer until ready for service.  
Portion with 4 ounce spoodle or #8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup of fruit.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	118	Dietary Fiber	0.97 g	Sodium	189.67 mg	Sat. Fat	1.62 g
Carbohydrates	21.92 g	Protein	0.42 g	Total Fat	3.57 g	Trans Fat	0.00 g

# ROSEY APPLESAUCE



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Applesauce, Canned, Without Sugar, #232	4 #10 can(s) + 6 1/2 cup(s)
Gelatin, Cherry Flavored, #385	2 cup(s)

**DIRECTIONS**

1. Combine applesauce and gelatin in large container.
2. Cover with plastic wrap and chill.
3. Portion with a 4 ounce spoodle or #8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup of fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products when available.

**SERVING NOTES**

Applesauce mixture can also be poured into serving line pans for service of 1/2 cup portion on line. Cover and chill for service.

**NUTRIENTS PER SERVING**

Calories	70	Dietary Fiber	1.70 g	Sodium	11.07 mg	Sat. Fat	0.01 g
Carbohydrates	18.34 g	Protein	0.40 g	Total Fat	0.07 g	Trans Fat	0.00 g

# SLICED APPLES (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Canned, Water Pack, Sliced, #231	4 #10 can(s)

**DIRECTIONS**

1. Open cans and do not drain liquid.
2. Using a # 8 scoop or a 4 ounce spoodle, portion 1/2 cup fruit into individual serving dishes.
3. Portion 1/2 cup apples for each serving. Each portion provides 1/2 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 commodity products when available.

**SERVING NOTES**

Apples and liquid can be poured into serving line pans for service of 1/2 cup on service line.

**NUTRIENTS PER SERVING**

Calories	32	Dietary Fiber	0.81 g	Sodium	12.11 mg	Sat. Fat	0.00 g
Carbohydrates	8.07 g	Protein	0.40 g	Total Fat	0.00 g	Trans Fat	0.00 g

# TROPICAL APPLES (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Canned, Water Pack, Sliced, #231	4 #10 can(s)
Sugar, Granulated, #404	3 pound(s) + 12 ounce(s)
Flour, All Purpose, Enriched, #358	3 cup(s)
Margarine, Bulk, #119	1 pound(s)
Juice, Orange, #107	6 carton(s), (4 fl. oz. each)
Lemon Juice, Canned/Bottled, #398	1 1/4 cup(s)
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #409	3 cup(s)
Food Coloring, Yellow, Pint, #383	1/8 ounce(s)

**DIRECTIONS**

- Pour one can of apples (undrained) into each steamtable pan. For 100 servings, use 4 steamtable pans.
- Mix sugar and flour together.
- Melt margarine in large stock pot.
- Stir sugar and flour mixture into melted margarine.
- Add orange juice, lemon juice, pineapple juice, and lemon peel. Cook until thickened.
- Add 1/2 teaspoon yellow food coloring.
- Pour about one quart sauce over apples in each pan.
- To bake:  
Conventional oven: 350 degrees F, 30 - 40 minutes.  
Convection oven: 350 degrees F, 30 minutes.
- Serve immediately or cover and place in warmer until ready for service.
- Portion with 4 ounce spoodle or #8 scoop (1/2 cup) for each serving. Each portion provides 1/2 cup fruit.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	152	Dietary Fiber	0.94 g	Sodium	48.79 mg	Sat. Fat	1.63 g
Carbohydrates	29.99 g	Protein	0.83 g	Total Fat	3.62 g	Trans Fat	0.00 g



# APRICOTS (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apricots, Canned, Light Syrup,	4 #10 can(s) + 3 1/4 cup(s)

**DIRECTIONS**

- Open cans. Do not drain liquid.
- Portion 1/2 cup of apricots into individual serving dishes or place in serving line pans. Cover and place under refrigeration until ready for service.  
 CCP: Hold product under refrigeration 41 degrees F or lower.
- Portion 1/2 cup of apricots for each serving. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	81	Dietary Fiber	2.05 g	Sodium	5.14 mg	Sat. Fat	0.00 g
Carbohydrates	21.18 g	Protein	0.68 g	Total Fat	0.06 g	Trans Fat	0.00 g

# APRICOTS (FROZEN)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apricots, Frozen, Sliced, 4.5 ounce	100 cup(s), (1/2 cup container)

**DIRECTIONS**

1. Thaw individual containers of apricots in refrigerator.
2. Portion 1/2 cup of apricots per serving. Each portion provides 1/2 cup fruit. Do not refreeze apricots that have been thawed.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	110	Dietary Fiber	2.00 g	Sodium	5.00 mg	Sat. Fat	0.00 g
Carbohydrates	25.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

# BANANAS (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bananas, Raw, Regular, Green Tips, #614	100 medium, (7" to 7-7/8")

**DIRECTIONS**

1. Rinse under cool running water on the day of service. Drain unpeeled bananas.
2. When serving whole, place in pan, cover, and store at room temperature until ready for service.
3. Portion 1 banana for serving. Each portion provides 1/2 cup of fruit.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

Bananas may be served whole or sliced in half. If sliced in half, dip ends in pineapple juice to keep ends from turning.

**NUTRIENTS PER SERVING**

Calories	105	Dietary Fiber	3.07 g	Sodium	1.18 mg	Sat. Fat	0.13 g
Carbohydrates	26.95 g	Protein	1.29 g	Total Fat	0.39 g	Trans Fat	0.00 g

# BLUEBERRIES WITH WHIPPED TOPPING

## MEAL COMPONENT CONTRIBUTION:

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Blueberries, Frozen, Unsweetened	26 pound(s)
Whipped Topping, Tube, Frozen, #88	1 quart(s) + 3 cup(s)

## DIRECTIONS

1. Thaw blueberries under refrigeration to desired consistency for dipping.
2. Portion with a 4 ounce spoodle or #8 scoop (1/2 cup) per serving. Dollop about 1 tablespoon whipped topping over each serving of fruit. Cover and chill until ready for service.  
Each portion provides 1/2 cup of fruit.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

## NUTRIENTS PER SERVING

Calories	74	Dietary Fiber	3.18 g	Sodium	1.18 mg	Sat. Fat	1.18 g
Carbohydrates	15.47 g	Protein	0.50 g	Total Fat	1.87 g	Trans Fat	0.00 g

# BLUEBERRIES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Blueberries, Fresh	20 pound(s)

**DIRECTIONS**

1. Rinse fruit in cool running water. Drain.
2. Portion 1/2 cup of blueberries per serving. Each portion provides 1/2 cup of fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	52	Dietary Fiber	2.18 g	Sodium	0.91 mg	Sat. Fat	0.03 g
Carbohydrates	13.15 g	Protein	0.67 g	Total Fat	0.30 g	Trans Fat	0.00 g

# BANANA BERRY BLEND



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Strawberries, Fresh, Whole, #628	14 pound(s) + 2 ounce(s)
Bananas, Raw, Regular, Green Tips, #614	14 pound(s) + 4 ounce(s)

**DIRECTIONS**

1. Thaw strawberries in refrigerator and place in large bowl.
2. Wash bananas in cool running water and drain. Peel bananas and slice. Combine with strawberries in large bowl and mix gently.
3. Cover and chill.
4. Portion with #8 scoop or 4 ounce spoodle (1/2 cup) for each serving. Each portion provides 1/2 cup of 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	119	Dietary Fiber	2.90 g	Sodium	2.57 mg	Sat. Fat	0.08 g
Carbohydrates	31.37 g	Protein	1.04 g	Total Fat	0.30 g	Trans Fat	0.00 g

**CALICO FRUIT**

FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 60 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 60 SERVINGS)
Bananas, Raw, Regular, Green Tips, #614	2 pound(s)
Apples, Raw, Red Delicious, #613	1 pound(s)
Oranges, Assorted Varieties, Raw, #621	2 each
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	1/2 pound(s)
Oranges, Mandarin, (tangerine), #237	1 #10 can(s)
Pineapple, Canned, Tidbits in Juice, #242	1 #10 can(s)

**DIRECTIONS**

- Rinse all fresh fruit under cool running water and drain.
- Cut up bananas, oranges, and apples.  
Stem grapes.  
Combine all fresh fruit in large mixing bowl.
- Drain mandarin oranges.
- Combine mandarin oranges and pineapple with fresh fruit, cover and chill.  
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes.
- Portion with a 4 ounce spoodle or #8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup of fruit.  
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	83	Dietary Fiber	1.46 g	Sodium	3.81 mg	Sat. Fat	0.03 g
Carbohydrates	21.62 g	Protein	0.68 g	Total Fat	0.17 g	Trans Fat	0.00 g

# GRAPES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	20 pound(s)

**DIRECTIONS**

- Rinse grapes in cool running water. Drain.
- Portion 1/2 cup (about 18 grapes) into individual serving dishes.
- Cover and chill until ready for service.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion 1/2 cup of grapes per serving. Each portion provides 1/2 cup of fruit.  
CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	61	Dietary Fiber	0.82 g	Sodium	1.81 mg	Sat. Fat	0.10 g
Carbohydrates	15.56 g	Protein	0.57 g	Total Fat	0.32 g	Trans Fat	0.00 g



# GRAPEFRUIT HALVES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** grapefruit half

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

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Grapefruit, Fresh, Whole	25 medium, (4" diameter)

**DIRECTIONS**

- Rinse grapefruit under cool running water. Drain.
- Cut each grapefruit in half. Cover and chill.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion half of grapefruit per serving. Each portion provides 1/2 cup fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	41	Dietary Fiber	1.41 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	10.34 g	Protein	0.81 g	Total Fat	0.13 g	Trans Fat	0.00 g

# KIWIFRUIT WEDGES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3 halves**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Kiwifruit, Fresh, Whole, #618	150 each

**DIRECTIONS**

1. Rinse kiwifruit under cool running water. Drain.
2. Slice kiwifruits in half.
3. Portion 3 halves in individual serving dishes or place in serving line pans, cover, and store in refrigerator until time for service. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

For service, kiwifruits can be peeled.

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

An optional service is to serve with spoon and children can scoop out fruit.

**NUTRIENTS PER SERVING**

Calories	70	Dietary Fiber	3.42 g	Sodium	3.42 mg	Sat. Fat	0.03 g
Carbohydrates	16.71 g	Protein	1.30 g	Total Fat	0.59 g	Trans Fat	0.00 g

# CRANBERRY SAUCE

**MEAL COMPONENT CONTRIBUTION:**

None

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 ounce

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cranberry Sauce, Canned, Sweetened, #234	1 #10 can(s)

**DIRECTIONS**

1. Portion 1 ounce into portion cups. Cover and refrigerate until ready for service.  
Cranberry sauce does not provide any meal components.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

**NUTRIENTS PER SERVING**

Calories	50	Dietary Fiber	0.33 g	Sodium	9.62 mg	Sat. Fat	0.00 g
Carbohydrates	12.90 g	Protein	0.07 g	Total Fat	0.05 g	Trans Fat	0.00 g

# CANTALOUPE CUBES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cantaloupe Melons, Raw, #615	35 pound(s), (as purchased)

**DIRECTIONS**

1. Rinse fruit in cool running water. Drain.
2. Peel rind from melons. Remove seeds and pith. Cut melons into bite size pieces.
3. Portion 1/2 cup cut cantaloupe into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.

CCP: Refrigerate fruit for service at 41 degrees F or lower.

4. If serving melon from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 cup 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	27	Dietary Fiber	0.71 g	Sodium	12.54 mg	Sat. Fat	0.04 g
Carbohydrates	6.40 g	Protein	0.66 g	Total Fat	0.15 g	Trans Fat	0.00 g

# MELON CUBES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cantaloupe Melons, Raw, #615	15 pound(s)
Honeydew Melons, Fresh, #617	20 1/2 pound(s)

**DIRECTIONS**

- Rinse melons under cool running water. Drain.
- Peel rind from melons. Remove seeds and pith. Cube melons into bite size pieces.
- Combine cut melons and portion 1/2 cup cut melons into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- If serving melon from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 cup 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	57	Dietary Fiber	1.36 g	Sodium	27.62 mg	Sat. Fat	0.07 g
Carbohydrates	14.00 g	Protein	1.07 g	Total Fat	0.26 g	Trans Fat	0.00 g

# HONEYDEW CUBES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Honeydew Melons, Fresh, #617	41 pound(s)

**DIRECTIONS**

1. Rinse melons under cool running water. Drain.
2. Peel rind from honeydew melons. Remove seeds and pith. Cube melons into bite size pieces.
3. Portion 1/2 cup cut melons into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.

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

4. If serving honeydew from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 cup 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	67	Dietary Fiber	1.49 g	Sodium	33.48 mg	Sat. Fat	0.07 g
Carbohydrates	16.90 g	Protein	1.00 g	Total Fat	0.26 g	Trans Fat	0.00 g

# WATERMELON CHUNKS (FRESH)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Watermelon, Fresh, #632	33 pound(s)

**DIRECTIONS**

- Rinse melons under cool running water. Drain.
- Cut watermelons in half, then cut melons into wedges to equal 1/2 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 1/2 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

Other options for service:

- Cut watermelon into cubes and portion 1/2 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 1/2 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

# APPLE AND ORANGE WEDGES (FRESH)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	7 pound(s)
Oranges, Assorted Varieties, Raw, #621	17 pound(s)

**DIRECTIONS**

- Rinse fruit in cool running water. Drain.
- Slice apples into 6 wedges each using apple wedger with corer. Lightly coat apples with lemon juice or pineapple juice to prevent the slices from turning brown.  
Slice oranges into 6 wedges each using wedger.
- Combine fruits. Cover and place under refrigeration until ready for service.  
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- Portion 6 slices (3 apple, 3 orange) for each serving. Each portion provides 1/2 cup fruit.  
CCP: Hold cut product under refrigeration (41 degrees F or lower). Leftovers should be covered, labeled, and dated. If unable to hold under refrigeration, throw away after 4 hours. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Wedger should be cleaned and sanitized before use.

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	53	Dietary Fiber	2.59 g	Sodium	0.32 mg	Sat. Fat	0.02 g
Carbohydrates	13.45 g	Protein	0.81 g	Total Fat	0.15 g	Trans Fat	0.00 g



# FRESH FRUIT BOWL



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	25 each
Pears, Raw, Bartlett or Anjou, # 624	25 each
Oranges, Assorted Varieties, Raw, #621	25 each
Bananas, Raw, Regular, Green Tips, #614	25 each

**DIRECTIONS**

1. Rinse fruit under cool running water. Drain.
2. After rinsing and draining, place in pan, cover, and store at room temperature until time for service. Fruit, except bananas, can be refrigerated for cold service.
3. Prior to service, place in a large, clean bowl on the serving line.
4. Portion 1 fruit per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

Optional service is to portion fruit individually for student selection.

May serve any combination of the fruits listed in the ingredients. If serving other fruits, reference the USDA Food Buying Guide for Child Nutrition Programs to determine serving size to meet the fruit component and nutrient standard contribution.

**NUTRIENTS PER SERVING**

Calories	84	Dietary Fiber	3.65 g	Sodium	1.06 mg	Sat. Fat	0.05 g
Carbohydrates	21.72 g	Protein	0.87 g	Total Fat	0.24 g	Trans Fat	0.00 g

# ASSORTED FRUIT JUICES



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 16 **SIZE OF PORTION:** 4 ounce carton**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Juice, Apple, #105	4 4-ounce carton(s)
Juice, Grape, #106	4 4-ounce carton(s)
Juice, Orange, #107	4 4-ounce carton(s)
Juice, Orange Pineapple, #108	4 4-ounce carton(s)

**DIRECTIONS**

1. Keep juices refrigerated at 41 degrees F or lower until ready for service.
2. Serve a variety of juices on line.  
Portion 1 4-ounce carton of juice per serving. Each portion provides 1/2 cup of 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.

**NUTRIENTS PER SERVING**

Calories	65	Dietary Fiber	0.00 g	Sodium	0.05 mg	Sat. Fat	0.00 g
Carbohydrates	15.50 g	Protein	0.03 g	Total Fat	0.00 g	Trans Fat	0.00 g

# FROZEN FRUIT JUICE CUPS



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 150 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 150 SERVINGS)
Fruit Freeze, Strawberry, #86	50 each
Fruit Freeze, Blue Ice, #89	50 each
Fruit Freeze, Peach, #97	50 each

**DIRECTIONS**

1. Keep frozen. Serve a variety of frozen fruit cups.

Portion 1 fruit freeze per serving. Each portion provides 1/2 cup fruit.

CCP: Hold in freezer (32 degrees F or lower) until ready for service. Cover, label, and date any leftovers

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	95	Dietary Fiber	0.09 g	Sodium	9.18 mg	Sat. Fat	0.01 g
Carbohydrates	23.44 g	Protein	0.25 g	Total Fat	0.08 g	Trans Fat	0.00 g

# FRUIT COCKTAIL (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #235	4 #10 can(s) + 6 1/2 cup(s)

**DIRECTIONS**

- Do not drain fruit.
- Portion 1/2 cup of fruit cocktail into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold product under refrigeration 41 degrees F or lower.
- If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	58	Dietary Fiber	1.41 g	Sodium	5.13 mg	Sat. Fat	0.01 g
Carbohydrates	14.91 g	Protein	0.51 g	Total Fat	0.09 g	Trans Fat	0.00 g

# TROPICAL FRUIT (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Fruit, Tropical, Bulk, #236	4 #10 can(s) + 9 3/4 cup(s)

**DIRECTIONS**

- Do not drain fruit.  
 CCP: Hold cut product under refrigeration 41 degrees F or lower.
- Portion 1/2 cup of fruit cocktail into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.
- If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**SERVING NOTES**

Tropical fruit may be poured into serving line pans and portioned for service on the service line.

**NUTRIENTS PER SERVING**

Calories	126	Dietary Fiber	1.90 g	Sodium	2.93 mg	Sat. Fat	0.03 g
Carbohydrates	32.73 g	Protein	0.60 g	Total Fat	0.15 g	Trans Fat	0.00 g

**FRESH FRUIT CUP**

FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	5 pound(s)
Bananas, Raw, Regular, Green Tips, #614	5 pound(s)
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #409	1 pint(s)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #235	2 #10 can(s)
Cherries, Maraschino, Red, Halves, #233	1 cup(s)

**DIRECTIONS**

- Rinse apples and bananas under cold running water. Drain. Dice into small pieces.  
To prevent browning, mix with pineapple juice.
- Do NOT drain fruit cocktail.  
Drain cherries and rinse lightly before adding to other fruit.
- Mix fresh fruit with fruit cocktail and cherries.  
Portion 1/2 cup of fruit into individual serving dishes or place in 2 inch deep serving pans.  
Cover and place under refrigeration until ready for service. Cover and chill in refrigerator.  
CCP: Hold cut product under refrigeration 41 degrees F or lower.
- If serving fruit from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit.  
Each portion provides 1/2 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	64	Dietary Fiber	1.84 g	Sodium	3.03 mg	Sat. Fat	0.04 g
Carbohydrates	16.48 g	Protein	0.58 g	Total Fat	0.17 g	Trans Fat	0.00 g

# MANDARIN FRUIT CUP (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #235	3 #10 can(s) + 6 1/2 cup(s)
Oranges, Mandarin, (tangerine), #237	1 #10 can(s)

**DIRECTIONS**

1. Open cans and do not drain liquid.
2. Combine fruits in large bowl.
3. Portion 1/2 cup of fruit cocktail into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold cut product under refrigeration 41 degrees F or lower.
4. If serving fruit cup from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	62	Dietary Fiber	1.29 g	Sodium	5.73 mg	Sat. Fat	0.01 g
Carbohydrates	16.28 g	Protein	0.53 g	Total Fat	0.10 g	Trans Fat	0.00 g

# PEAR AND KIWIFRUIT MEDLEY



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Canned, Light Syrup, Diced, #244	3 #10 can(s) + 8 cup(s)
Kiwifruit, Fresh, Whole, #618	50 each

**DIRECTIONS**

1. Open cans. Do not drain fruit.
2. Pour pears into steamtable pan(s).
3. Rinse kiwifruits in cool running water. Drain.
4. Peel and slice kiwifruits.
5. Add kiwifruits to pears.  
Toss gently to mix.  
Cover and chill until ready for service.  
CCP: Hold cut product under refrigeration 41 degrees F or lower.
6. Portion with 4 ounce spoodle or # 8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup fruit.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	86	Dietary Fiber	2.90 g	Sodium	6.64 mg	Sat. Fat	0.01 g
Carbohydrates	22.27 g	Protein	0.64 g	Total Fat	0.23 g	Trans Fat	0.00 g



**FRUITED GELATIN**

FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #239	2 #10 can(s)
Pears, Canned, Light Syrup, Diced, #244	2 #10 can(s) + 3 1/4 cup(s)
Water, Boiling, Municipal	2 quart(s)
Gelatin, Strawberry Flavor, #389	1 pound(s) + 8 ounce(s)
Water, Municipal, Cold	2 quart(s)

**DIRECTIONS**

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill.
6. Cover and place in refrigerator to congeal.

Portion 1/2 cup fruit with gelatin per serving. Each serving provides 1/2 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	96	Dietary Fiber	1.87 g	Sodium	34.42 mg	Sat. Fat	0.00 g
Carbohydrates	25.18 g	Protein	0.76 g	Total Fat	0.04 g	Trans Fat	0.00 g

# WALDORF FRUIT SALAD



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 75 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 75 SERVINGS)
Apples, Raw, Red Delicious, #613	5 pound(s)
Lemon Juice, Canned/Bottled, #398	1/2 cup(s)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #235	1 1/2 #10 can(s)
Celery, Fresh, Diced, #604	3 1/2 cup(s)
Raisins, Seedless, Dark, #279	1 pound(s)
Mayonnaise, Reduced Calorie, Bulk, #283	12 ounce(s)
Nutmeg, Ground, #333	1 teaspoon(s)

**DIRECTIONS**

- Rinse apples under cool running water and drain.  
Cut into small cubes. Sprinkle apples with lemon juice to prevent discoloration.
- Drain fruit cocktail.
- Combine apples, drained fruit cocktail, celery, raisins, mayonnaise, and nutmeg (nutmeg is optional). Mix lightly to combine.
- Cover and refrigerate until ready to serve. For best results, serve salad the same day that it is prepared.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion with #8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup of 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**

Nutmeg is optional.

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	77	Dietary Fiber	1.72 g	Sodium	41.85 mg	Sat. Fat	0.18 g
Carbohydrates	16.58 g	Protein	0.56 g	Total Fat	1.66 g	Trans Fat	0.00 g

# WALDORF TROPICAL FRUIT CUP



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #613	5 pound(s) + 8 ounce(s)
Lemon Juice, Canned/Bottled, #398	1/4 cup(s)
Fruit, Tropical, Bulk, #236	3 #10 can(s) + 6 1/2 cup(s)
Coconut, Sweetened, #373	1/2 cup(s), shredded

**DIRECTIONS**

1. Wash apples in cool running water. Drain. Slice apples into wedges (6 slices per apple) using apple wedger with corer.
2. Sprinkle apples with lemon juice to prevent discoloration.
3. Open cans of tropical fruit salad and do not drain.
4. Add tropical fruit salad and flaked coconut to apples. Toss gently to mix.
5. Cover and place under refrigeration until ready for service.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
6. Portion with #8 scoop (1/2 cup) per serving. Each portion provides 1/2 cup of 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 commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	109	Dietary Fiber	2.04 g	Sodium	3.73 mg	Sat. Fat	0.23 g
Carbohydrates	27.85 g	Protein	0.55 g	Total Fat	0.35 g	Trans Fat	0.00 g

# NECTARINES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Nectarines, Raw, #620	23 pound(s)

**DIRECTIONS**

1. Rinse fruit under cool running water. Drain.
2. Portion 1 nectarine per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	46	Dietary Fiber	1.77 g	Sodium	0.00 mg	Sat. Fat	0.03 g
Carbohydrates	11.01 g	Protein	1.11 g	Total Fat	0.33 g	Trans Fat	0.00 g

# ORANGES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Oranges, Assorted Varieties, Raw, #621	100 each

**DIRECTIONS**

1. Rinse fruit under cool running water. Drain.
2. Portion 1 orange per serving. Each portion provides 1/2 cup of fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	61	Dietary Fiber	3.07 g	Sodium	0.00 mg	Sat. Fat	0.03 g
Carbohydrates	15.22 g	Protein	1.22 g	Total Fat	0.16 g	Trans Fat	0.00 g

# ORANGE SMILES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 6 wedges**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Oranges, Assorted Varieties, Raw, #621	36 pound(s)

**DIRECTIONS**

1. Rinse oranges in cool running water. Drain.
2. Slice oranges into 6 wedges each using wedger.
3. Place 6 wedges in individual serving dishes or place in pan. Cover and store in refrigerator until time for service. Portion 6 orange wedges per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Wedger should be cleaned and sanitized before use.

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	77	Dietary Fiber	3.87 g	Sodium	0.00 mg	Sat. Fat	0.03 g
Carbohydrates	19.19 g	Protein	1.53 g	Total Fat	0.20 g	Trans Fat	0.00 g

# PEACHES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peaches, Raw	100 each, (4 per pound)

**DIRECTIONS**

1. Rinse peaches under cool running water. Drain.
2. Portion 1 peach per serving. Each portion provides 1/2 cup of fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	34	Dietary Fiber	1.30 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	8.30 g	Protein	0.79 g	Total Fat	0.22 g	Trans Fat	0.00 g

# CHILLED PEACH SLICES (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #239	4 #10 can(s)

**DIRECTIONS**

- Open cans. Do not drain liquid.
- Portion 1/2 cup of peaches into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
 CCP: Hold product under refrigeration 41 degrees F or lower.
- If serving peaches from a serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	65	Dietary Fiber	1.56 g	Sodium	6.01 mg	Sat. Fat	0.00 g
Carbohydrates	17.49 g	Protein	0.54 g	Total Fat	0.04 g	Trans Fat	0.00 g



# CHILLED PEACHES (FROZEN)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peaches, Frozen, Diced, PC, USDA	100 container(s), (1/2 cup containers)

**DIRECTIONS**

1. Thaw individual containers of peaches in refrigerator.
2. Portion 1/2 cup container per serving. Each portion provides 1/2 cup fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Discard any peaches that were thawed, do not refreeze.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	80	Dietary Fiber	1.00 g	Sodium	0.00 mg	Sat. Fat	0.00 g
Carbohydrates	19.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

# BLUSHING CHILLED PEARS (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2 pear halves

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



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Canned, Light Syrup, Halves, #240	4 #10 can(s)
Gelatin, Cherry Flavored, #385	1/2 cup(s)

**DIRECTIONS**

1. Pour canned pears and juice into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves and juice per serving. Each portion provides 1/2 cup of 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 commodity products when available.  
 Strawberry gelatin may be used instead of cherry gelatin.

**NUTRIENTS PER SERVING**

Calories	71	Dietary Fiber	1.92 g	Sodium	8.21 mg	Sat. Fat	0.00 g
Carbohydrates	18.91 g	Protein	0.27 g	Total Fat	0.04 g	Trans Fat	0.00 g

# PEARS (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Raw, Bartlett or Anjou, # 624	26 pound(s)

**DIRECTIONS**

1. Rinse pears in cool running water. Drain.
2. Portion one pear per serving. Each portion provides 1/2 cup fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	68	Dietary Fiber	3.66 g	Sodium	1.18 mg	Sat. Fat	0.01 g
Carbohydrates	18.23 g	Protein	0.45 g	Total Fat	0.14 g	Trans Fat	0.00 g

# CHILLED PEAR HALVES (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Canned, Light Syrup, Halves, #240	4 #10 can(s)

**DIRECTIONS**

- Open cans and do not drain liquid.
- Portion 1/2 cup of fruit into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold product under refrigeration 41 degrees F or lower.
- If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	69	Dietary Fiber	1.92 g	Sodium	6.01 mg	Sat. Fat	0.00 g
Carbohydrates	18.23 g	Protein	0.23 g	Total Fat	0.04 g	Trans Fat	0.00 g

# CHILLED DICED PEARS (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Canned, Light Syrup, Diced, #244	4 #10 can(s) + 6 1/2 cup(s)

**DIRECTIONS**

- Open cans. Do not drain liquid.
- Portion 1/2 cup of fruit cocktail into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold product under refrigeration 41 degrees F or lower.
- If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	78	Dietary Fiber	2.18 g	Sodium	6.82 mg	Sat. Fat	0.00 g
Carbohydrates	20.69 g	Protein	0.26 g	Total Fat	0.04 g	Trans Fat	0.00 g

# PEAR SALAD (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pears, Canned, Light Syrup, Halves, #240	4 #10 can(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Cherries, Maraschino, Red, Halves, #233	1 pound(s) + 9 ounce(s)

**DIRECTIONS**

1. Open cans and drain pears in a colander to remove liquid.
2. Portion 2 pear halves into each individual serving bowl.
3. Weigh 1/4 ounce of cheese to determine amount for each serving. Sprinkle 1/4 ounce of cheese over 2 pear halves.
4. Top each serving with a cherry half.
5. Cover and place in refrigerator until service.

Refrigerate fruit for service at 41 degrees F or lower.

6. Portion 2 pear halves, 1/4 ounce of cheese, and 1 cherry half per serving. Each portion provides 1/2 cup of fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Optional: Before sprinkling with cheese, add small amount of reduced-fat mayonnaise. Nutritional analysis must be recalculated to include mayonnaise.

**SERVING NOTES**

The pear salads may also be assembled on the serving line.

**NUTRIENTS PER SERVING**

Calories	102	Dietary Fiber	2.03 g	Sodium	96.22 mg	Sat. Fat	1.50 g
Carbohydrates	19.99 g	Protein	1.77 g	Total Fat	2.30 g	Trans Fat	0.00 g

# PINEAPPLE TIDBITS (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pineapple, Canned, Tidbits in Juice, #242	4 #10 can(s)

**DIRECTIONS**

1. Open cans. Do not drain liquid.
2. Portion 1/2 cup of pineapple tidbits into individual serving dishes or place in 2 inch deep serving pans. Cover and place under refrigeration until ready for service.  
CCP: Hold product under refrigeration 41 degrees F or lower.
3. If serving fruit cocktail from the serving pan, portion with 4 ounce spoodle or # 8 scoop for 1/2 cup fruit. Each portion provides 1/2 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 commodity products when available.

**NUTRIENTS PER SERVING**

Calories	72	Dietary Fiber	0.96 g	Sodium	1.20 mg	Sat. Fat	0.01 g
Carbohydrates	18.87 g	Protein	0.50 g	Total Fat	0.10 g	Trans Fat	0.00 g

# PLUMS (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2 each

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Plums, Red, Fresh, #625	22 pound(s)

**DIRECTIONS**

1. Rinse plums under cool running water. Drain.
2. Portion 2 plums per serving. Each portion provides 1/2 cup fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	46	Dietary Fiber	1.40 g	Sodium	0.00 mg	Sat. Fat	0.02 g
Carbohydrates	11.40 g	Protein	0.70 g	Total Fat	0.28 g	Trans Fat	0.00 g



# RAISINS



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 1/2 ounce box

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

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Raisins, Seedless, Dark, #279	50 small box(es), 1.5 ounce

**DIRECTIONS**

1. Portion one 1 1/2 ounce box of raisins for 1/2 cup fruit.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	129	Dietary Fiber	1.59 g	Sodium	4.73 mg	Sat. Fat	0.03 g
Carbohydrates	34.05 g	Protein	1.32 g	Total Fat	0.20 g	Trans Fat	0.00 g

# STRAWBERRIES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Strawberries, Fresh, Whole, #628	20 pound(s)

**DIRECTIONS**

1. Wash strawberries under cool running water. Do not wash strawberries until day of service. Drain.
2. Portion with 4 ounce spoodle or #8 scoop (1/2 cup ) per serving. Each portion provides 1/2 cup fruit.

CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	29	Dietary Fiber	1.81 g	Sodium	0.91 mg	Sat. Fat	0.01 g
Carbohydrates	6.97 g	Protein	0.61 g	Total Fat	0.27 g	Trans Fat	0.00 g

# PINEAPPLE CUBES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pineapple, Raw	32 pound(s)

**DIRECTIONS**

- Rinse fruit in cool running water. Drain.
- Peel and remove core. Cut into 1-inch cubes. Cover and chill.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower.
- Portion cubes with #8 scoop or 4 ounce spoodle (1/2 cup) per serving. Each portion provides 1/2 cup fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**NUTRIENTS PER SERVING**

Calories	73	Dietary Fiber	2.03 g	Sodium	1.45 mg	Sat. Fat	0.01 g
Carbohydrates	19.04 g	Protein	0.78 g	Total Fat	0.17 g	Trans Fat	0.00 g

# STRAWBERRY SLICES (FROZEN)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Strawberries, Frozen, Sweetened, Sliced, #87	18 pound(s)

**DIRECTIONS**

1. Thaw frozen strawberries in refrigerator.
2. Portion 1/2 cup strawberries with #8 scoop or 4 ounce ladle (1/2 cup) per serving. Each portion provides 1/2 cup fruit.  
Do not refreeze leftovers.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	78	Dietary Fiber	1.55 g	Sodium	2.45 mg	Sat. Fat	0.01 g
Carbohydrates	21.16 g	Protein	0.43 g	Total Fat	0.11 g	Trans Fat	0.00 g

# STRAWBERRY SLICES (FROZEN PC)

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 container

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



FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Strawberries, Frozen, Diced, 4.5 ounce	100 each, (1/2 cup container)

**DIRECTIONS**

1. Thaw frozen individual containers of strawberries in refrigerator.
2. Portion one 1/2 cup container per serving. Each portion provides 1/2 cup fruit. Do not refreeze.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	90	Dietary Fiber	2.00 g	Sodium	0.00 mg	Sat. Fat	0.00 g
Carbohydrates	22.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

# TANGERINES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

1/2 cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2 tangerines

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tangerine, Satsuma, Fresh, #629	50 pound(s)

**DIRECTIONS**

1. Rinse tangerines in cool running water. Drain.
2. Portion two tangerines per serving. Each portion provides 1/2 cup fruit.  
 CCP: Refrigerate fruit for service at 41 degrees F or lower. Any leftover fruit should be refrigerated for service later in the week.

**PRODUCTION NOTES**

Use commodity products or Department of Defense (DoD) Fresh Fruit and Vegetable Program products when available.

**SERVING NOTES**

Optional: Tangerines may be placed in a large bowl for self-service on the serving line.

**NUTRIENTS PER SERVING**

Calories	120	Dietary Fiber	4.08 g	Sodium	4.54 mg	Sat. Fat	0.09 g
Carbohydrates	30.25 g	Protein	1.84 g	Total Fat	0.70 g	Trans Fat	0.00 g