

Fresh Citrus Fruit Cup

Makes: 112 Servings

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| Ingredients | Weight | Measure |
|--------------------------|--------|----------------------|
| Mandarin Oranges, pieces | | 1 #10 can |
| Bananas, fresh, AP | 5 lb | 1 qt + 2 1/2 cups |
| Apples, fresh, AP | 2 lb | 1 qt + 1 3/4 cups |
| Grapes, fresh, AP | 2 lb | 1 qt + 1 1/4 cups |

Nutrition Information

| Nutrients | Amount |
|-----------------------------|-------------|
| Calories | 31 |
| Total Fat | N/A |
| Saturated Fat | N/A |
| Cholesterol | N/A |
| Sodium | 1 mg |
| Total Carbohydrate | 8 g |
| Dietary Fiber | 1 g |
| Total Sugars | N/A |
| Added Sugars included | N/A |
| Protein | N/A |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |

Directions

1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening.
2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.
3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.

4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.
5. Wash and remove stems from grapes.
6. Add apples and grapes to bananas and oranges.
7. Chill thoroughly. CCP: Hold for cold service at 41° F or lower.

Notes

Serving Tips: Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.

Source: Recipes for Healthier Kansas Menus-Breakfast – Child Nutrition & Wellness, Kansas State Department of Education