

**GUIDELINES FOR FRUIT BARS**

Fruit bars provide important sources of nutrients such as Vitamins A and C, and fiber. All fruits are low in fat and calories and none contain cholesterol. They may be set up for service at breakfast, lunch, dinner and brunch meals. A variety of fresh, canned and frozen fruits may be used.

Preparation: Wash all fresh fruits except bananas. Drain well. Refrigerate until ready to serve. Keep bananas in a cool, dry place until ready to serve.

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Apples, canned, drained	1/4 cup (1-1/2 oz)	13 lb 8 oz (2-No. 10 cn)	12 lb
Apples, fresh, eating	1 apple (6 oz)	37 lb 8 oz	
Applesauce, canned	1/4 cup (2 oz)	14 lb 10 oz (2-1/6-No. 10 cn)	
Apricots, canned, halves, drained	3 halves (1-1/2 oz)	20 lb 4 oz (3-No. 10 cn)	11 lb 10 oz
Apricots, fresh	2 apricots (2-1/2 oz)	16 lb 11 oz	
Bananas, fresh, peeled, sliced	1/2 cup (2-1/2 oz)	28 lb	18 lb 3 oz
Bananas, fresh	1 banana (6 oz)	40 lb	

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Blueberries, canned drained	1/2 cup (4-1/2 oz)	52 lb 10 oz (8-1/4-No. 10 cn)	28 lb 6 oz
Cantaloupe, fresh, quartered, unpared	1/4 small cantaloupe (3 oz)	21 lb 14 oz	
Cantaloupe, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	35 lb	17 lb 14 oz
Casaba melons, fresh, unpared, sliced	1/10 melon (4 oz)	31 lb 4 oz	
Casaba melons, fresh, pared 1 inch pieces	1/2 cup (2-1/2 oz)	29 lb 11 oz	17 lb 12 oz
Cherries, canned, sweet, drained	1/2 cup (3-1/2 oz)	38 lb 13 oz (5-3/4 No.-10 cn)	23 lb 14 oz
Cherries, fresh, sweet	1/2 cup (2-1/2 oz)	17 lb 10 oz	

**GUIDELINES FOR FRUIT BARS - CONTINUED**

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Coconut, prepared, sweetened, flakes	1 tbsp	1 lb 5 oz	
Fruit cocktail, canned, drained	1/2 cup (4 oz)	42 lb 3 oz (6-1/4-No. 10 cn)	27 lb 12 oz
Fruits, chunks, mixed, canned, drained	1/2 cup (3 oz)	39 lb 2 oz (5-3/4-No. 10 cn)	26 lb 3 oz
Grapefruit, canned, drained	1/2 cup (4 oz)	46 lb 14 oz (15-No. 3 cyl cn or 47-No. 303 cn)	25 lb 10 oz
Grapefruit, fresh, halved	1/2 grapefruit (8-3/4 oz)	54 lb 11 oz	
Grapefruit, fresh, segments	1/2 cup (4 oz)	48 lb	25 lb
Grapes, fresh	1/2 cup (2-1/2 oz)	16 lb 11 oz	
Honeyball melons, fresh, unpared, sliced	1/10 melon (3 oz)	40 lb 15 oz	
Honeyball melons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	37 lb 14 oz	17 lb 7 oz
Honeydew melons, fresh, unpared, sliced	1/10 melon (3 oz)	40 lb 15 oz	

## A. GENERAL INFORMATION No. 13(2)

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Honeydew melons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	37 lb 14 oz	17 lb 7 oz
Kiwifruit, fresh, pared, sliced	2 slices (1/2 oz)	5 lb 14 oz	5 lb 1 oz
Mangoes, fresh, pared, diced	1/2 cup (3 oz)	27 lb 12 oz	19 lb 3 oz
Mangoes, fresh, pared, sliced	4 slices (2 oz)	18 lb 9 oz	12 lb 12 oz
Nectarines, fresh	1 nectarine (4-1/2 oz)	28 lb 2 oz	
Oranges, fresh, peeled, sliced	3 slices (2 oz)	20 lb 9 oz	14 lb 9 oz
Oranges, fresh	1 orange (6 oz)	37 lb 8 oz	
Oranges, Mandarin, canned, drained	1/4 cup (1-1/2 oz)	20 lb 4 oz (3 No. 10 cn)	10 lb 15 oz
Papaya, fresh, pared, seeded, cubed	1/2 cup (2-1/2 oz)	24 lb	15 lb 11 oz

**GUIDELINES FOR FRUIT BARS - CONTINUED**

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Papaya, fresh, pared, sliced	3 slices (2 oz)	22 lb 8 oz	14 lb 11 oz
Peaches, canned, halves, drained	2 halves (4 oz)	45 lb 9 oz (6-3/4-No. 10 cn)	27 lb 7 oz
Peaches, canned, quarters/slices, drained	1/2 cup (4 oz)	43 lb 14 oz (6-1/2-No. 10 cn)	27 lb
Peaches, fresh	1 peach (4 oz)	25 lb	
Peaches, frozen	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Pears, canned, halves, drained	2 halves (3-1/2 oz)	41 lb 7 oz (6-1/4-No. 10 cn)	25 lb
Pears, canned, quarters/slices, drained	1/2 cup (3-1/2 oz)	36 lb 7 oz (5-1/2-No. 10 cn)	22 lb 8 oz
Pears, fresh	1 pear (5-1/2 oz)	36 lb	
Persian melons, fresh, unpared, sliced	1/10 melon (3 oz)	45 lb 13 oz	
Persian melons, fresh, pared, diced	1/2 cup (2-1/2 oz)	41 lb 4 oz	17 lb 5 oz
Pineapple, canned, chunks/tidbits, drained	1/2 cup (3-1/2 oz)	37 lb 2 oz (5-1/2-No. 10 cn)	22 lb 10 oz

## A. GENERAL INFORMATION No. 13(3)

Pineapple, canned, slices, drained	2 slices (2 oz)	25 lb 5 oz (3-3/4 No. 10 cn)	14 lb 7 oz
Pineapple, fresh, pared, cored, 1 inch pieces	1/2 cup (2-1/2 oz)	33 lb 4 oz	17 lb 5 oz
Plums, canned, drained	3 plums (2-1/2 oz)	32 lb 1 oz (4-3/4-No. 10 cn)	17 lb 13 oz
Plums, fresh	1 plum (2-1/2 oz)	15 lb 10 oz	
Prunes, whole, canned, drained	3 prunes (1-1/2 oz)	10 lb 1 oz (1-2/5-No. 10 cn)	9 lb 10 oz
Raisins	1 tbsp	2 lb 4 oz (1/2-No. 10 cn)	
Raspberries, frozen	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Strawberries, fresh, sliced	1/2 cup (2-1/2 oz)	18 lb 4 oz	17 lb 3 oz
Strawberries, fresh, whole	1/2 cup (2-1/2 oz)	16 lb 9 oz	15 lb 10 oz
Strawberries, frozen, sliced	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Tangelos, fresh	1 tangelo (6 oz)	37 lb 8 oz	
Tangerines, fresh	1 tangerine (3-1/2 oz)	22 lb 15 oz	
Watermelons, fresh, unpared, wedge (1 inch by 4 inches)	1 wedge (4 oz)	51 lb	
Watermelons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	34 lb	17 lb 11 oz