

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 03

MELON FRUIT CUP

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	14 g	1 g	0 g	0 mg	3 mg	14 mg

Ingredient

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS
 PEARS,CANNED,JUICE PACK,SLICES,INCL LIQUID
 WATERMELON,FRESH,DICED
 ORANGE,FRESH,SECTIONS,PEELED,DICED
 APPLES,FRESH,MEDIUM,UNPEELED,DICED

Weight

6-1/2 lbs
 6-1/2 lbs
 7 lbs
 3-1/8 lbs
 3-1/3 lbs

Measure

3 qts
 3 qts
 1 gal 1-1/4 qts
 1 qts 3-7/8 cup
 3 qts 1/8 cup

Issue

13-1/2 lbs
 10-7/8 each
 3-7/8 lbs

Method

- 1 Drain peaches and pears. Reserve juices. Cut fruit into 3/4 inch pieces.
- 2 Seed melon. Combine melon with oranges, peaches, pears, apples and juices from fruit. Mix thoroughly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.