

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 00

FRUIT CUP

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
61 cal	16 g	1 g	0 g	0 mg	3 mg	15 mg

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
PEACHES,CANNED,SLICED	6-1/2 lbs	3 qts	
PEARS,CANNED,SLICES	6-1/2 lbs	3 qts	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS	6-5/8 lbs	3 qts	
ORANGE,FRESH,CHOPPED	3 lbs	1 qts 3-7/8 cup	4-1/8 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	3-1/2 lbs	3 qts 1/8 cup	4-1/8 lbs

Method

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