

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 02

BANANA FRUIT CUP

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 82 cal   | 21 g          | 1 g     | 0 g | 0 mg        | 1 mg   | 14 mg   |

Ingredient

BANANA,FRESH,SLICED  
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
ORANGE,FRESH,CHOPPED  
APPLES,FRESH,MEDIUM,UNPEELED,DICED

Weight

11-1/2 lbs  
6-5/8 lbs  
3-1/8 lbs  
3-1/3 lbs

Measure

2 gal 2/3 qts  
3 qts  
1 qts 3-7/8 cup  
3 qts 1/8 cup

Issue

17-2/3 lbs  
  
4-1/4 lbs  
3-7/8 lbs

Method

- 1 Combine bananas, pineapple, oranges and apples. Mix thoroughly.
- 2 Cover. CCP: Hold for service at 41 F. or lower.