

**MELON FRUIT CUP****Yield** 100**Portion** 1/2 Cup

| <b>Calories</b> | <b>Carbohydrates</b> | <b>Protein</b> | <b>Fat</b> | <b>Cholesterol</b> | <b>Sodium</b> | <b>Calcium</b> |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 54 cal          | 14 g                 | 1 g            | 0 g        | 0 mg               | 3 mg          | 14 mg          |

**Ingredient****Weight****Measure****Issue**

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS

6-1/2 lbs

3 qts

PEARS,CANNED,JUICE PACK,SLICES,INCL LIQUID

6-1/2 lbs

3 qts

WATERMELON,FRESH,DICED

7 lbs

1 gal 1-1/4 qts

13-1/2 lbs

ORANGE,FRESH,SECTIONS,PEELED,DICED

3-1/8 lbs

1 qts 3-7/8 cup

10-7/8 each

APPLES,FRESH,MEDIUM,UNPEELED,DICED

3-1/3 lbs

3 qts 1/8 cup

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.