

SALADS, SALAD DRESSINGS, AND RELISHES No.M 035 00

MIXED FRUIT SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	20 g	1 g	0 g	0 mg	3 mg	41 mg

Ingredient

Weight

Measure

Issue

PEACHES,CANNED,HALVES,JUICE PACK,DRAINED		1 gal 1/2 qts	
PEARS,CANNED,HALVES,DRAINED		1 gal 1/2 qts	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED		1 gal 1/2 qts	
BANANA,FRESH,SLICED		1 gal 1-1/2 qts	
APPLES,FRESH,PEELED,DICED		2 gal 2 qts	
CANTELOUPE,FRESH,CUBED	8-3/4 lbs		
GRAPES,GREEN,FRESH,SEEDLESS		1 gal 1 qts	
APRICOTS,CANNED,JUICE PACK,DRAINED		1 gal 1/2 qts	
HONEYDEW MELON,DICED		3 gal	
GRAPEFRUIT,CANNED,LIGHT SYRUP,DRAINED,SECTIONED	13-1/2 lbs	1 gal 2 qts	
GRAPEFRUIT,FRESH,PARED,SECTIONS	19-3/4 lbs	35 each	38 lbs
ORANGE,FRESH,SECTIONS	5-1/2 lbs	3 qts 2 cup	7-5/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

Method

- 1 Combine any three fruits per 100 servings; cover; refrigerate.
- 2 Place 1 lettuce leaf on serving dish; arrange fruit on lettuce. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.