

RECIPE NAME: Assorted Fresh Melon Bowl

Grade Group: K-8	Grade Group: 9-12		HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 80	Number of Portions: 40		
Portion Size: ½ cup	Portion Size: 1 cup		
Serving Utensil: ½ cup spoodle	Serving Utensil: 1 cup spoodle		
Servings Per Pan:	Servings Per Pan:		
Ingredients:	Weight	Measure	Procedure:
Cantaloupe, fresh, 18 count Whole honeydew melon, fresh Watermelon, fresh, whole	10 lb 10 lb 10 lb		1. Slice cantaloupe, honeydew and watermelon into cubes. a. 10 lb cantaloupe should yield about 3 qt 1 ¾ cups cubed fruit. b. 10 lb honeydew should yield about 2 qt 1 ¼ cups cubed fruit. c. 10 lb watermelon should yield about 3 qt 3 cups cubed fruit. 2. Mix fresh fruit together in bowl. 3. Chill thoroughly. CCP: Hold for cold service at 41° F or lower.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size										
<i>Specify the grade group in the columns:</i>	Grade Group: K-8					Grade Group: 9-12				
	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Meat/Meat Alternate										
Vegetable Subgroups										
Fruits	½ cup					1 cup				
Grains										
Calories	27					54				
Saturated Fat (g)	0					0				
Sodium (mg)	12					24				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

