Mixed Fruit Cup 1/2 cup

Portion

| | | USDA | | | | | | | | | | |
|-------------------|--------|-------|-----|------|------|------|------|------|------|------|------|------|
| Item Description | Unit | Foods | 100 | 200 | 300 | 400 | 500 | 600 | 700 | 800 | 900 | 1000 |
| Cherries, Frozen | pounds | Х | 2.5 | 5 | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 | 22.5 | 25 |
| Pears, Diced | can | Х | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Peaches, Diced | can | Х | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Pineapple Tidbits | can | | 1.2 | 2.4 | 3.6 | 4.8 | 6 | 7.2 | 8.4 | 9.6 | 10.8 | 12 |
| Mandarin Oranges | can | | 1.2 | 2.4 | 3.6 | 4.8 | 6 | 7.2 | 8.4 | 9.6 | 10.8 | 12 |
| Bananas | pounds | | 6.8 | 13.6 | 20.4 | 27.2 | 34 | 40.8 | 47.6 | 54.4 | 61.2 | 68 |

Instructions:

Gently mix sliced bananas into the fruit mixture. Serve 1/2 cup in 5.5 portion cup.

note: district serves this on Friday and uses up partial cans of fruit. Kids love it.

Submitted by Sevier School District