

# Fruit & Cheese Kabob MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-101
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1 3/4 Gallon		212768
GRAPE RED SDLSS	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE	1 Gallon 2 Quart 1 Cup (25 Cup)		200565
CHEESE COLBY JK CUBED	6 1/4 Pound		471461

## Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.016
<b>Grain</b>	0.000
<b>Fruit</b>	0.537
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	46.07
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.47mg
<b>Sodium</b>	9.59mg
<b>Carbohydrates</b>	11.65g
<b>Fiber</b>	0.79g
<b>Sugar</b>	10.45g
<b>Protein</b>	0.69g
<b>Vitamin A</b> 43.96IU	<b>Vitamin C</b> 132.39mg
<b>Calcium</b> 12.82mg	<b>Iron</b> 0.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available