

Fruit & Cheese Kabob MTG

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-101
School:	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

Meat	0.016
Grain	0.000
Fruit	0.537
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available