

Fruit and Yogurt Salad (618)

(Fruit & Yogurt Plate MC618)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Grapes.	2 lb.		4 lb.			<ol style="list-style-type: none"> 1. May choose any fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component. Choose any fruit combination or single fruit to equal ½ cup serving. 2. Wash fruit the day of service. 3. If using apples and/or oranges, after washing, slice apples and oranges into wedges using 6-count wedger. 4. Dip apples and bananas into lemon juice to prevent discoloration. 5. Portion fruit selections to equal ½ cup serving. Arrange on each plate. 6. Add 1 cup of yogurt and 1 pack of graham crackers to each plate. 7. Cover with plastic wrap and place under refrigeration until ready for service. 8. Serve one fruit and yogurt plate per serving. <p>CCP: Hold and maintain at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Apples.		10 apples.		20 apples.		
Fresh Oranges.		10 oranges.		20 oranges.		
Fresh Bananas.		10 bananas.		20 bananas.		
Fresh Strawberries.	2 lb.		4 lb.			
Lo-Fat Fruit Yogurt.		50-8 oz cups		100-8 oz cups		
Graham Crackers.		50-2 count pks		100-2 count pk		

Serving: 1 yogurt (8oz cup), ½ cup fruit or 1 whole fruit, and 2 whole graham crackers **Yield: 50 servings: 50 salad plates**
provide 2 oz meat/meat alternate, ½ cup fruit, and 1 grain/bread. **100 servings: 100 salad plates**

Fruit and Yogurt Salad (Continued)

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	301	Iron	0.43	Mg	Protein	10.68*	G	Percent	⇒	Protein	14.20%
Cholesterol	9	Calcium	363.90	Mg	Carbohydrates	60.26*	G	Of	⇒	Carbohydrates	80.12%
Sodium	136	Vitamin A	41	RE	Total Fat	2.88	G	Calories	⇒	Total Fat	8.60%
Dietary Fiber	2.52*	Vitamin C	30.19	Mg	Saturated Fat	1.67	G	From	⇒	Saturated Fat	4.99%

Production Notes:

Serving Notes:

Presentation Idea: Line plates with lettuce prior to arranging fruit.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Fruit and Yogurt Salad, Graphic (619)

(Fruit and Yogurt Salad, Graphic MCC619)

Meat/Meat Alternate-Fruit-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Seedless Grapes.	4 lb.		8 lb.			<ol style="list-style-type: none"> 1. May choose any fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component. Choose any fruit combination or single fruit to equal ½ cup serving. 2. Wash fruit the day of service. Cut into bite-size portions. Toss all together to make a blend of fruits. 3. Line 9X5 tray with green leaf lettuce (2 leaves) 4. In center of tray, portion ½ cup fresh fruit mix. 5. Place one 4-oz cup of yogurt in front corner. 6. Place a 2 oz individually wrapped muffin in opposite corner of yogurt. 7. Add 1 oz of American cheese cut into strips. 8. Add sliced kiwi and strawberries for garnish. Serve 1 salad per student. <p>CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Cantaloupe.	4 lb, a/p.		8 lb, a/p.			
Fresh Honeydew Melon.	4 lb.		8 lb.			
Loose Leaf Lettuce.		100 leaves.		200 leaves.		
Lo-fat Custard-Style Yogurt		50 - 4.1 oz.		100 - 4.1 oz.		
Banana Muffin, Wrapped.		50 muffins.		100 muffins.		
American Cheese, Sliced.		100 slices.		200 slices.		
Fresh Kiwi Fruit, Sliced.	1 lb.		2 lb.			
Fresh Strawberries, Sliced.		1 qt.		2 qt.		

**Serving: 1 yogurt (4 oz), ½ cup fruit or 1 whole fruit, and 1 2 oz muffin provides
2 oz meat/meat alternate, ½ cup fruit, and 1 grain/bread.**

**Yield: 50 servings: 50 salads
100 servings: 100 salads**

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

(Continued on Back)

Fruit and Yogurt Salad, Graphic (Continued)

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	505	Iron	1.70	Mg	Protein	14.05	G	Percent	⇒	Protein	11.14%
Cholesterol	65	Mg	373.37	Mg	Carbohydrates	64.13	G	Of	⇒	Carbohydrates	50.83%
Sodium	676	Mg	136	RE	Total Fat	21.72	G	Calories	⇒	Total Fat	38.72%
Dietary Fiber	2.72	G	38.84	Mg	Saturated Fat	5.38	G	From	⇒	Saturated Fat	9.60%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes: