

GUIDELINES FOR FRUIT BARS

Fruit bars provide important sources of nutrients such as Vitamins A and C, and fiber. All fruits are low in fat and calories and none contain cholesterol. They may be set up for service at breakfast, lunch, dinner and brunch meals. A variety of fresh, canned and frozen fruits may be used.

Preparation: Wash all fresh fruits except bananas. Drain well. Refrigerate until ready to serve. Keep bananas in a cool, dry place until ready to serve.

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WT OR CONTAINER	E.P.
Apples, canned, drained. . .	1/4 cup (1 1/2 oz).	18 lb 8 oz (2-No. 10 cn).	12 lb.
Apples, fresh, eating.	1 apple (6 oz).	37 lb 8 oz.
Applesauce, canned.	1/4 cup (2 oz).	14 lb 10 oz (2 1/6-No. 10 cn).
Apricots, canned, halves, drained	3 halves (1 1/2 oz).	20 lb 4 oz (3-No. 10 cn).	11 lb 10 oz.
Apricots, fresh.	2 apricots (2 1/2 oz).	16 lb 11 oz.
Bananas, fresh, peeled, thinly sliced	1/2 cup (2 1/2 oz).	28 lb.	18 lb 3 oz.
Bananas, fresh.	1 banana (6 oz).	40 lb.

REVISION

(OVER)

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WT OR CONTAINER	E.P.
Blueberries, canned drained	1/2 cup (4 1/2 oz).	52 lb 10 oz (8 1/4-No. 10 cn).	28 lb 6 oz.
Cantaloupe, fresh, seeded, unpared, quartered	1/4 small cantaloupe (3 oz)	21 lb 14 oz.
Cantaloupe, fresh, seeded, pared, 3/4 to 1 inch pieces	1/2 cup (2 1/2 oz).	35 lb.	17 lb 14 oz.
Casaba melons, fresh, seeded, unpared, sliced	1/10 melon (4 oz).	31 lb 4 oz.
Casaba melons, fresh, seeded, pared, 3/4 to 1 inch pieces	1/2 cup (2 1/2 oz).	29 lb 11 oz.	17 lb 12 oz.
Cherries, canned, dark, sweet, drained	1/2 cup (3 1/2 oz).	38 lb 13 oz (5 3/4-No. 10 cn).	23 lb 14 oz.
Cherries, canned, light sweet, drained	1/2 cup (3 oz).	33 lb 12 oz (5-No. 10 cn).	20 lb 13 oz.
Cherries, fresh, sweet.	1/2 cup (2 1/2 oz).	17 lb 10 oz.

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