# Fresh Fruit

**Menu Suggestions for FF&VP**

**Apples**…*any variety (Gala, Gold/Red Del, Gr Smith, Jazz, Jonagold, McIntosh, Pink Lady, Rome, other)*

### Apricots Avocados

**Honeydew Kiwi**

**Kumquats**

Note: this list includes a wide variety of options, however, may not include *all* fresh fruit snack possibilities.

**Raspberries**…*any variety (Red, Golden, other)*

### Strawberries Tangerines



**Bananas or “Petite Bananas” Blackberries**

**Blueberries**

**Cantaloupes Carambola** *(Star Fruit)*

**Cherries**…*any variety (Bing, Rainier, other)*

### Cherimoya

**Clementines Cranberries**

**Currants** *(remember, “fresh” not dried)*

**Dates** (remember, “fresh” not dried)

### Dragon Fruit

**Grapefruit**…any variety (Indian River, Pink, Pummelos, Rio Red, Ruby Red, White, other) **Grapes**…any variety (Black, Green, Red, seedless, with seed, other)

### Guava

**Figs** (remember, “fresh” not dried)

**Lemons & Limes**…*permissible (best if served*

with other fruit)

### Mangoes Nectarines

**Oranges**…any variety (Blood, Mandarins, Minneolas, Navels, Tangeloes, Satsumas, Valencias, other)

### Papaya Passion Fruit Peaches

**Pears**…any variety (Asian, Bartlett, Bosc, Brown, D’Anjou, Red, other)

### Persimmons Pineapples Plums

**Pluots** (recently referred to as “Apriums”)

### Pomegranates

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**Ugli Fruit**

**Watermelon**…any variety (seedless, with seeds, “Personal” or “Bambino” Melon)