



825009 - Fruit and Cheese Bistro Box

Source: K12 Culinary

Number of Portions: 32

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit: 0.5 cup

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Attributes:

Meat/Meat Alter

Vegetables

Fruits

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN..... 051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN...	8 large (3-1/4" dia) 8 large (3-1/4" dia)	CCP: No bare hand contact with ready to eat food. Rinse the apples under running water and drain in a colander. Cut each apple into 6 wedges using a 6-wedge sectioning and coring blade in the Sunkist sectionizer. As apples are wedged, throw the core into the garbage and drop the apple wedges into a container with equal parts pineapple juice and lemon juice or other acid to prevent browning. Drain the apples and store, covered, in a container in the refrigerator if not assembling bistro boxes immediately.
825767 Cheese, Mozz String, Light IW, LOL 59703..... 050525 CARROTS, BABY-CUT, FRESH, PEELED..... 826515 Bagel, WGR, 2.2 oz, Sky Blue WGPB2260.....	64 each, 1 oz 5 lbs 32 each, 2.2 oz	CCP: No bare hand contact with ready to eat food. Set out 3-compartment clear plastic salad containers. For each grab-and-go box, place a sheet of deli paper in the large compartment, then place 1 bagel on the paper. Place two cheese sticks underneath the paper in the large compartment so that the wrapped cheese sticks do not touch the bagel. Place 3 apple wedges, making sure both red and green apples are used, into one of the small compartments. Place ½ cup of baby carrots into the other small compartment. Close the container and hold in refrigerator until service. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	363	kcal	Cholesterol	20	mg	Sugars	*5.0*	g	Calcium	529.24	mg	18.03%	Calories from Total Fat
Total Fat	7.27	g	Sodium	686	mg	Protein	20.74	g	Iron	2.57	mg	10.03%	Calories from Saturated Fat
Saturated Fat	4.05	g	Carbohydrates	56.17	g	Vitamin A	10232.5	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	7.75	g	Vitamin C	11.8	mg	Ash ¹	*N/A*	g	61.87%	Calories from Carbohydrates
												22.84%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.