



## 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:

Vegetable, Red/Orange  
Whole Grain Rich

### Attributes:

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)	<b>CCP: No bare hand contact with ready to eat food.</b> 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, discard the core 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..... 826915 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	<b>CCP: No bare hand contact with ready to eat food.</b> Set out 3-compartment clear plastic salad containers. For each grab-and-go box, place a sheet of deli paper in the large compartment. Assemble each box as follows: <ul style="list-style-type: none"> <li>Place 1 bagel on top of the deli paper.</li> <li>Place two cheese sticks underneath the paper in the large compartment so that the wrapped cheese sticks do not touch the bagel.</li> <li>Place 3 apple wedges, making sure both red and green apples are used, into one of the small compartments.</li> <li>Place ½ cup of baby carrots into the other small compartment.</li> </ul> Close the container and hold in refrigerator until service.  <b>CCP: Hold and Serve at 41° F or lower.</b>

\*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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	7.75 g	Vitamin C	11.8 mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.