

Red, White, Blue Salad - CACFP



General Information

Recipe #	Category	Source
1687883	Fruit	Local

Ingredients

Name	Quantity	+	Quantity 2
Bananas, raw	6 ¾ oz.		
Strawberries, raw	9 ⅝ oz.		
Blueberries, raw	4 ⅓ oz.		
Sugars, granulated	1 ½ tsp.		

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all fruit.
2. Peel and slice bananas and place into a large bowl. Quarter strawberries and place in bowl with bananas. Add blueberries to to the bowl and add sugar.
3. Mix very gently and place in cooler for 30 minutes before serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises



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Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (99 gm)

Amount Per Serving		
Calories		58.309
% Daily Value*		
Total Fat	0.308gm	0.474%
Saturated Fat	0.048gm	0.24%
Trans Fat	0.000* gm	
Cholesterol	0.000mg	
Sodium	0.985mg	0.041%
Total	14.701gm	4.9%
Carbohydrate		
Dietary Fiber	2.223gm	8.89%
Total Sugars	9.140gm	
Includes N/A* gm of Added Sugars		
Protein	0.801gm	1.602%
Vitamin A, RAE N/A* mcg		
Vitamin C	31.414mg	52.356%
Vitamin D 0.000mcg		
Calcium	10.080mg	1.008%
Iron	0.326mg	1.812%
Potassium	198.807mg	4.23%

Saturated Fat % of Calories 0.742 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Dates

Last Updated	Created
02-20-2025	10-02-2024

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe