

# Fresh Fruit Sensations



## INGREDIENTS:

	<u>6oz</u>	<u>12oz</u>
Cantaloupe	1oz	2oz
Pineapple (Fresh Pre-cut)	1oz	2oz
Red Grapes	1oz	2oz
White Grapes	1oz	2oz
Strawberries	1oz	2oz
Honeydew	1oz	2oz

## NUTRITIONAL VALUE:

Calorie: 6oz-60      12oz-120  
 Fat: n/a  
 Cholesterol: n/a  
 Sodium: 6oz-10mg      12oz-20mg  
 G4G: Green

## POINTS OF CONTACT:

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## Method of Preparation

Wash all fruit thoroughly to remove dirt.

Strawberries:

Trim bruised and blemished parts, remove caps & stems, cut in half. Serve

Red & White Grapes:

Remove stems. Serve

Cantaloupe & Honeydew:

Trim bruised and blemished parts, cut into halves, remove seeds, proceed to cut into 1in pieces. Serve

Pineapple (Fresh Pre-Cut/Packaged):

Serve as is.

Pineapple (Fresh whole):

Remove carpel(skin) & crown(top), discard. Proceed to cut in 1in pieces.

Serve