

100283 – Oranges, Fresh
Category: **Fruit****Product Description**

- This item is U.S. No. 1 or better fresh oranges, including Navel, Valencia, Pineapple or Hamlin varieties. The oranges can range in size from 100-138 and are packed in cartons that weigh 34-39 pounds total.

Crediting/Yield

- One case of fruit yields about 60-68 $\frac{1}{2}$ - cup servings of peeled orange sections.
- CN Crediting: $\frac{1}{2}$ cup peeled oranges credits as $\frac{1}{2}$ cup fruit.

Culinary Tips and Recipes

- Serve fresh oranges whole, quartered, or sectioned for meals or snacks. Cut fruit into sections to maximize consumption for younger children.
- Peeled orange sections can be used on the salad bar, in fruit salads or to top green salads and add color and flavor.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving size: 1/2 cup orange sections (90g)

Amount Per Serving

Calories 42

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 11g

Dietary Fiber 2g

Sugars 8g

Protein 1g

Source: [USDA FoodData Central](#)**Allergen Information:** Product does not contain any of the 8 major allergens designated by the FDA.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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