

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100283 — Oranges, Fresh

Category: **Fruit**



### PRODUCT DESCRIPTION

This item is U.S. No. 1 or better fresh oranges. It can include Navel, Valencia, Pineapple or Hamlin varieties, but the varieties must be consistent within each pallet. 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 ½-cup servings of fruit.
- CN Crediting: ½ cup peeled oranges credits as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Serve fresh oranges whole, quartered, or sectioned for meals or snacks. Cut fruit into sections to maximize consumption in younger children.
- Orange sections can be used on salad bars or premade salads to add color and flavor.
- For more 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 without peel or membrane (83 g)

#### Amount Per Serving

**Calories** 40

**Total Fat** 0g

Saturated Fat 0g

*Trans* Fat 0g

**Cholesterol** 0mg

**Sodium** 1mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Sugars 7g

**Protein** 1g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** No allergens.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.