


Kiwi Fruit Pizza

 Cooking time: 3–5 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:
CACFP: ½ cup Fruit and 1 ounce Grains
NSLP: ½ cup Fruit and 1 ounce Grains
SFSP: ½ cup Fruit and 1 ounce Grains

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Whole wheat English muffins	1 ounce equivalent is 28 grams	12	1 ounce equivalent is 28 grams	24
Reduced fat cream cheese	12 ounces	1½ cups	1 pound 8 ounces	3 cups
Fresh kiwi, peeled and sliced ¼ inch thick	1 pound 6 ounces	3 cups	2 pounds 12 ounces	1 quart + 2 cups
Fresh strawberries, tops removed, sliced ¼ inch thick	10 ounces	1½ cups	1 pound 4 ounces	3 cups
Fresh blueberries	10 ounces	1½ cups	1 pound 4 ounces	3 cups



Directions

1. Preheat oven to 400°F. Split open the English muffins and place on a parchment lined sheet pan cut-side up. Toast in a preheated 400°F oven for about 3–5 minutes, or until just slightly toasted.
 2. Spread ½ ounce cream cheese on each English muffin half. Set aside.
 3. Set out 12 or 24 4-ounce cups. In each cup place ¼ cup of the kiwi slices, and ⅓ cup each of the strawberry slices and blueberries.
 4. Serve 2 English muffin halves and a 4 ounce cup of fruit per portion. The students can assemble their Fruit Pizzas as they desire.
- CCP: Hold for cold service at 41°F or lower.

Serving	Yield	Volume
2 English muffin halves with cream cheese and ½ cup fruit	12 or 24 servings each	12 or 24 servings each

Nutrients Per Serving					
Calories	245	Sodium	345 mg	Vitamin A	217 IU
Total Fat	6.2 g	Carbohydrate	42 g	Vitamin C	64 mg
Saturated Fat	2.8 g	Dietary Fiber	7 g	Iron	1.9 mg
Cholesterol	15 mg	Protein	9 g	Calcium	240 mg