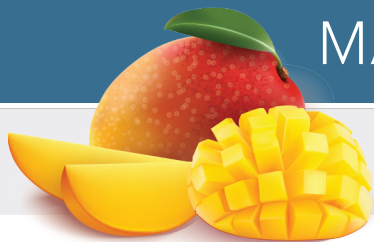


MANGO FRUIT SALSA



July 22

National Mango Day

INGREDIENTS

- 2 Cups Chopped Mango
- 1 Cup Diced Honeydew Melon
- 1 Cup Pineapple Tidbits
- 1 Cup Chopped Kiwifruit
- 1 Tablespoon Cider Vinegar
- 2 Teaspoons Lime Juice
- ½ Teaspoon Salt

DIRECTIONS

1. In a large bowl, combine all ingredients.
2. Refrigerate until serving.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup