



ORANGE BERRY FRUIT SALAD

May 4

National Orange Juice Day

INGREDIENTS

- 16 Ounces Strawberries (tops removed, cut into bite sized pieces)
- 16 Ounces Blueberries
- 8 Ounces Blackberries
- 8 Ounces Raspberries
- 5 Mandarin Oranges (peeled, segmented)

Dressing

- ½ Cup Honey
- ¼ Cup Fresh Mandarin Orange Juice (or regular fresh orange juice)
- 2 Teaspoons Poppy Seeds
- Pinch Sea Salt

DIRECTIONS

1. Mix dressing ingredients until fully incorporated.
2. Gently toss fruit in half of the poppy seed dressing. Reserve the remaining dressing for serving.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup