

Fruit and Vegetable Fact Sheet for Breakfast

Special points of interest:

The minimum creditable serving size for a fruit or a vegetable is $\frac{1}{8}$ cup. However, $\frac{1}{2}$ cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer vs. Serve.

To help you determine the specific contribution each food makes toward the meal pattern requirements, refer to the [Food Buying Guide](#)

For more information about new breakfast requirements:

<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2013/SP28-2013os.pdf>

Portion Size

- ◆ $\frac{1}{2}$ cup of fruits and/or vegetables must be offered for breakfast, SY 2013-2014
- ◆ Examples: $\frac{1}{2}$ cup fruit, $\frac{1}{2}$ cup vegetable, or $\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup vegetable.

Fruits

Fresh

- ◆ Sponsors may offer a variety of fresh fruits (e.g., apples, oranges, grapes, bananas, kiwis).
- ◆ There are no minimum requirements on the amount of fresh fruit that must be offered.
- ◆ Portion sizes for fresh fruit are found in the Food Buying Guide.

Frozen

- ◆ Frozen fruit with added sugar is allowed.

Dried

- ◆ Dried fruit counts as twice the portion size served. Example: $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit.
- ◆ Dried fruit with sugar coating is allowed.

Canned

- ◆ Canned fruit must be served in light syrup, water, or fruit juice.
- ◆ Sweetened applesauce can be served.

Juice

- ◆ Offer 100% full-strength juice only. Example: $\frac{1}{4}$ cup of Jell-O made with 1 tbsp of juice concentrate and water does not contribute as $\frac{1}{4}$ cup of juice since it is no longer in the form of juice.
- ◆ Juice credits as the volume served. Example: 4 ounces of juice = $\frac{1}{2}$ cup of juice
- ◆ No limitations on juice, SY 2013-2014

Other

- ◆ Regardless of CN label, 100% fruit strips, fruit drops, sherbet or other snack-type fruit or vegetable products do NOT credit toward the meal pattern.
- ◆ Jell-O with fruit is allowed, but the amount of fruit in each portion must be creditable (at least $\frac{1}{8}$ cup).

Vegetables

- ◆ Vegetables can be served as canned, frozen, or fresh and cooked or raw.
- ◆ No requirements on vegetable subgroups offered each week: dark green, red/orange, dry beans/peas (legumes), starchy, and other vegetables.
- ◆ Any vegetable can be offered in the place of fruit, SY 2013-2014