

Fruit and Vegetable Fact Sheet for Lunch

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 identify vegetable subgroups, refer to the Food Buying Guide:

<http://www.teamnutrition.usda.gov/resources/foodbuyingguide.html>

For more information about fruits and vegetables visit:

<http://www.doe.in.gov/sites/default/files/nutrition/sp-10-2012-rev-1012.pdf>

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 on 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 more than half the offerings may be in the form of juice per week. Example: USDA Q&A, <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP10-2012ar6.pdf> on page 13 and 14 question number 41.

- ◆ The volume of pureed fruit included in a beverage must be counted as juice.

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.
- ◆ All vegetable subgroups must be offered (not necessarily taken) each week: dark green, red/orange, dry beans/peas (legumes), starchy, and other vegetables.

Dark Green — Examples: broccoli, romaine lettuce, spinach, kale, collard greens

- ◆ Raw, leafy greens credit as half the volume served (1 cup raw, leafy lettuce= $\frac{1}{2}$ cup vegetable) and cooked leafy greens such as sautéed spinach are credited as the volume served ($\frac{1}{2}$ cup cooked spinach= $\frac{1}{2}$ cup vegetable).

Red/Orange — Examples: carrots, tomatoes, sweet potatoes, red pepper, pumpkin

Dry Beans/ Peas (Legumes) — Examples: black beans, garbanzo beans (chickpeas), navy beans, kidney beans

- ◆ Dry/mature beans and peas may be offered as a meat alternate or as a vegetable. However, one serving may not count toward both food components in the same meal.
- ◆ Green peas are not considered a dry bean/pea (legume).

Starchy — Examples: potatoes, corn, green peas, jicama

- ◆ There are no maximum limits for the amount of starchy vegetables you can offer throughout a week.

Other— Examples: celery, cauliflower, cucumber, green beans, avocado

Combination — Examples: California blend, salsa, fajita blend

- ◆ Vegetable combinations from the same subgroup (e.g. carrots and sweet potatoes) may count toward that single vegetable subgroup. (e.g. both count toward the red/orange vegetable group).
- ◆ If a standardized recipe or CN label indicates how much of each vegetable makes up the combination and each vegetable in the mix equals at least $\frac{1}{8}$ cup per portion, then each vegetable would be creditable in their appropriate subgroups.
- ◆ If the quantities of the different vegetables are not known, the vegetable mixture counts as other vegetables.

Vegetable Juice

- ◆ Full-strength 100% vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup (e.g., tomato and carrot vegetable juice blend—red/orange vegetable subgroup).
- ◆ Full-strength 100% vegetable juice blends containing vegetables from more than one subgroup may only contribute to the other vegetable subgroup.